

La Vie Collegienne

Volume 84, No. 1

An Independent Publication | Founded 1924

September 6, 2016

Welcome class of 2020!



Photo by Mike Crabb

PRESIDENT LEWIS E. THAYNE

Dear Members of the Class of 2020:

Congratulations and warmest greetings to the Class of 2020!

You have chosen a college that is committed to your success as an individual student. From campus construction projects, to course preparations, to implementation of new residential life programs,

the summer has been a very busy time as we looked forward to your arrival. Ultimately, it will be your own commitment to excellence and your hard work that will make all the difference. You can also be confident that there is a supportive community of upper class students that you can rely on for guidance.

At LVC, you will be connected through the faculty and staff to a world of knowledge,

to learning skills that will last a lifetime, to work that is being done at the limits of your major, and to the experience of students in your generation in a global society.

In our 150-year history, Lebanon Valley has established a well-deserved reputation for academic quality and an ethos of active engagement in learning, service, athletics, performing arts, and leadership development. By long

tradition, students at Lebanon Valley have been active contributors to their experience here. Students have a voice in their education and in shaping the College. I look forward to hearing your voice and seeing your contributions.

Sincerely,
Dr. Thayne

Letter from the Editors

Welcome back to LVC!

There are several changes to the newspaper that we cannot wait to inform everyone about! They are:

- We have a new advisor, Jaime Fettrow-Alderfer. She is a new professor in the English department and will be overseeing La Vie.

- We've gone digital!
Facebook: @LVCLaVie1
Twitter: @LaVie_LVC
Instagram: @lvclavie
Snapchat: LVCLaVie
Website: www2.lvc.edu/lavie

- We are looking for staff writers. If anyone is interested in being a contributor for one of La Vie's platforms, let us know!

Good luck this year!

-Lyndsay Riedel '17

-Veronica Pettyjohn '18

L. RIEDEL lkr001@lvc.edu
V. PETTYJOHN vmp001@lvc.edu

Freshmen guide to navigating dorms

ERIKA FISHER '17
STAFF WRITER

Nearly every dorm room on every college campus shares a similar struggle -- sufficient space.

A challenge each freshman will face is that of turning his or her dorm room into a home away from home.

One useful accessory for the space-challenged student is bed risers or small plastic blocks that can be put under

the legs of a bed, raising it higher and providing more space underneath the bed.

Organization is key for students who want to make the most of their dorm rooms. Stores like Target and Wal-Mart offer cheap containers often for less than \$5. These work well with storing smaller items like clothes and accessories that might not be needed daily.

Decorating a dorm room can

be a challenge, especially on a budget. Lebanon Valley hosts a poster fair several weeks after the start of the fall semester to help. Box stores such as Wal-Mart and Hobby Lobby have inexpensive wall decorations and posters. As tempting as Command hooks can be, the threat of wall damage and a fine at the end of the year remain. Poster putty, made by Scotch, offers a safer alternative that still al-

lows for hanging decorations.

Other stores like Amazon offer students with an .edu email a free six-month trial of Amazon Prime, a service that provides free two-day shipping along with other deals.

The college store, located in Mund, is stocked with a variety of school and dorm supplies.

"We offer 3M hooks and adhesives for hanging posters and pictures, TV and stereo cables for entertainment

needs, and, of course, LVC gear for displaying Dutchmen pride in the dorms," Heather Sherman, Director of the LVC College Store, said.

If a run to the LVC College Store won't suffice, Wal-Mart is located less than ten minutes away from campus. More likely than not, someone in the dorm will be going on a Wal-Mart run that day.

See NAVIGATING/ Page 4



Senior perspective: fun things to do around LVC

COOPER GERUS '17
STAFF WRITER

Welcome to college! You may be thinking, "Wow, I really am in the middle of nowhere!" Well, you aren't the only one who thinks so.

Every senior wrapping up his or her academic career at LVC was once a freshman and was once looking for fun things to do on an afternoon or weekend just to take a little stress out of adjusting to college life. And as many seniors will say, there really is not much to do around here.

That being said, college is what one makes it, and one only needs to look out into town and the surrounding area for ways to fend off boredom in the scant down time. There are even places within walking distance, while other places will need day-trip planning.

First off, make friends with people who have cars on campus. The walk to the gold lot can be excruciating, so sometimes it is nice to head out with a friend as company, considering the trek is about eight tenths of a mile. Upperclassmen, who have priority parking, might be will-



Photo by Jaime Fettrow-Alderfer

ing to let you hitch a ride too.

A great place to drive close to school is Memorial Lake State Park, which is just past the Indiantown Gap. Straight up State Route 934, this serene lake has a three-mile loop around it for hiking as well as several intersecting branch trails with scenic views of the lake and surrounding valley. It's amazing in the fall with a panorama of fire-colored trees changing in the cool air. There are canoe rentals as well as a small boat launch at this site.

Another place to get close to

nature near campus is Boxcar Rocks, located up Route 72 in State Game Lands 211. This staggering rock formation less than 30 minutes from school is a great vista and an accomplishment to climb should one reach the summit. Mount Gretna is another trip one should make if hiking is appealing; it's much closer as it's just a few miles down Route 72.

If nature is not appealing, there are plenty of things to do indoors. The Park City Mall in Lancaster is a bit of a drive, but it has great stores and the

trip down Route 72 weaves through quaint farmland and towns. Manheim has a town center that is well lit during the holiday season as well as a huge tree adorned with lights.

The Lebanon Valley Mall is lacking in retail options when compared to Park City, but it does have a great movie theatre where one can catch the latest flicks. Students can find another movie theatre close to the Wal-Mart in Palmyra.

Further west in Hershey are the Botanical Gardens; the attraction is across the street from the amusement park. Admission is \$12.50, and the 23 acre plot overlooks the park. There is also the Hershey Theatre, which draws national acts including bands and stand-up comedians. It is a beautifully tiered theatre and is very easy to find.

Surprisingly, another fun activity to do around LVC is thrifting. You never know what you'll find in the many secondhand stores up and down Route 422. It's possible to score a sweet Hawaiian shirt to wear to a party or some unique dorm furnishings. If one wants to

do something other than sorting through people's old clothes and trinkets, there are always the links. The tri-county area offers several golf courses, including Fairview and the Hershey Country Club. If mini golf is more your speed, there is a course in Lebanon called Yogey's.

Of all of these adventures, a favorite by far is the Quitt Creek Nature Park. Just a block from campus, this community park follows the winding Quittapahilla along bends with small rapids for wading, and plenty of wildlife to see. It is a welcomed break from the stress of assignments and is so close by that a visit can happen between classes.

While here in Annville, keep one's options open when venturing out.

C. GERUS

cag011@lvc.edu

Blue lights, green dots

LA VIE
STAFF WRITERS

Safety is a priority at Lebanon Valley College, and the effort to keep students secure can be seen in two colors around campus: blue and green.

Nineteen emergency telephones mounted on poles with blue lights are located across campus with one more to be installed in front of the McGill Baseball Field. In addition, each campus residence hall has an emergency phone at the main entrance and elevator phones that can be used for emergency communication.

The purpose is simple. The phones can be used anytime a student finds himself or herself in trouble.

"By pushing the red call button, a two-way phone call connects the user to the officer on duty," Brent Oberholtzer, Director of Public Safety and Green Dot Co-

ordinator, said. "This way the user can be found even if they cannot verbally communicate their location."

An officer receiving the notification will respond to the location to assess the situation if a solution can't be reached via the phone call.

"These phones are designed for emergency situations," Oberholtzer said. "If some-



Photo by Jaime Fettrow-Alderfer

one were to feel unsafe or if someone witnesses another in distress and has no other form of communication (cell phone) they may use these devices to summon help."

Be a green dot

Lebanon Valley College is committed to being a violence free campus. Oberholtzer said bystanders have a great impact on changing and affecting others. The Green Dot program teaches people how to intervene when violence is about to take place.

"No one has to do everything but everyone has to do something," Oberholtzer said.

Sally Clark, an English professor, chairs the Green Dot Violence Prevention Committee at LVC. She described a green dot as an action taken by someone to prevent a red dot from occurring. Red dots can be anything including acts of dating/domestic violence,

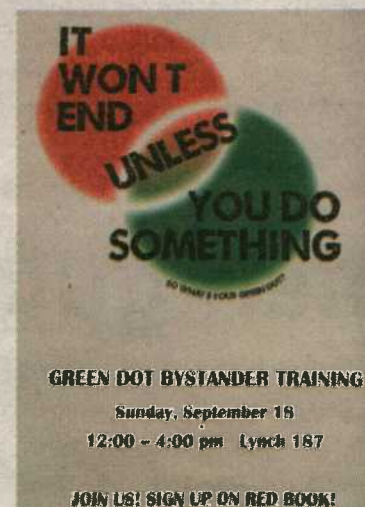


Photo by Lyndsay Riedel

stalking and sexual assault. "Ultimately, the goal is to establish and sustain a campus community that is covered with green dots," Clark said.

The Green Dot program was introduced at LVC in 2013 and participation has steadily increased; it's a nationwide program at hundreds of colleges and universities, high schools and even military

bases. Anyone can participate in Green Dot by taking a stand against violence.

"Our first session, Sunday, September 18, is Green Dot National Action Day," Clark said. "We will have activities during the week before the training culminating in a 'Make Your Own Sundae with Green Toppings' on the porch of the Green Dot House (Sheridan East) on Friday, September 16, from 4-6 p.m."

In the interim, students are invited to sign up for the bystander intervention training sessions on Redbook to become more informed about strategies and skills for safe and effective ways to prevent violence.

lavie@lvc.edu

Valley Voices

"What advice would you give to incoming freshmen?"

"Make sure that you take every test and paper seriously!" - James Willey



"My advice is make sure you're budgeting your time well from the start. Homework will take a decent chunk of time."

- Nate Dawson



"My advice to incoming freshmen is put yourself out there, get involved and meet as many people as you can." - Bri Heffner



"My advice to the class of 2020 is to embrace both the successes and challenges you encounter as you'll surely experience both. Enjoy the journey and make your time at LVC what YOU want it to be, not what anyone else wants it to be." - Casey Smith



"My advice is to not be afraid to introduce yourself to other students and professors during the first weeks. Building relationships is vital to a successful four years in the Valley." - Terrence Habiyaemye



"My advice would be to get as involved in campus activities as possible. It helps you feel like a part of the LVC community. Meet great people who share your interests." - Liz Aguilar



Opportunity to remember

ERIKA FISHER '17
STAFF WRITER

Lebanon Valley College prides itself on its students undertaking high-impact experiences.

Ciara Marshall ('18) was able to undertake a unique opportunity for her summer – interning at the Miguel Servet Hospital in Zaragoza, Spain. Marshall spent three weeks at the program, run by the Atlantis Project, after learning about it at a presentation by the LVC Office of Global Education.

According to its website, the Atlantis Project is "an international shadowing internship for pre-med students. Successful applicants gain a perspective on global medicine." Marshall spent three weeks shadowing surgeons in plastic surgery, maxillofacial surgery and otolaryngology, often standing right in the operating theater with the



Photo by Ciara Marshall

surgeon during procedures.

Because undergraduate students are not often allowed in operating rooms in the United States, this internship provided Marshall with a chance she might not have had if she had not gone abroad. Marshall was able to examine whether a career in medicine was truly what she wanted.

"I was able to observe a man who had just been in a mechanical accident be treated for serious burns," Marshall said of her experiences in the Miguel Servet Hospital. "The smell was unbelievable. I also observed a tumor removal from a brain and even the intricate excision of diseased tissue around some of the

most delicate and small bones in the human body, the ear."

Medical procedures were not the only adventure Marshall experienced. She also took in the sights and sounds of Spain.

"I was in Madrid when Real Madrid won the Champions Cup and all of Madrid stormed the team's fountain in the city, dancing and celebrating until the team arrived home at 6 a.m.," Marshall said. "I went white

water rafting down a beautiful Zaragoza river, flanked on both sides by towering cliffs. I even visited a winery that had been making wine for centuries and was able to walk along the vineyard."

What Marshall came to appreciate most from her internship abroad, however, was the fact that it convinced her of what she wants to do after she graduates.

"This internship hardened my resolve to become a doctor," she said. "Going into the program I was torn between wanting to pursue a Ph.D. in science or staying on the medical track to pursue my M.D. After Spain, there is no doubt in my mind that I was born to be a doctor, and that I have what it takes to be a surgeon."

As a junior, Marshall has been able to learn from the faculty, and has advice for the freshmen of the class of 2020.

"You need to be passionate about the field of science," Marshall said. "When you are trying to wrap your head around molarity or memorize the parts of a frog, just remember your end goal and your love for the field. Once you get into a hospital environment, I promise you, you will never look back."

E. FISHER

emf004@lvc.edu

Renovations, construction everywhere

VERONICA PETTYJOHN '18
Co-EDITOR

LVC students have faced construction projects both on and off campus.

Last semester, the more than 80-year-old bridge on Route 934 was replaced and widened. Although construction is still taking place, Marty Parkes, LVC's Executive Director of Marketing and Communications, said the project remains on schedule.

"The eastern portion of the bridge has been rebuilt and the traffic is now reversed so the western portion is under construction," Parkes said. "The traffic remains in the alternating, one-lane system controlled by lights."

Renovations to the bridge should be completed by October, 2016.

Along with the construction on Route 934, the Bishop Library also underwent a facelift this summer. Many helpful additions have been provided. The additions include a classroom, five extra study areas and a coffee bar. In order to access these new



Photo by Jamie Fettrow-Alderfer

and improved study rooms, the rooms must be signed out in advance. The additions were made possible thanks to the generous donation from the Bishop Foundation. The library re-opened on August 25 and has returned to its normal operating hours.

Miller Chapel saw its first renovations since it was built in 1966.

"Significant improvements are being made to the Fellowship Lounge on the lower level, all thanks to a Student Innovation Grant from the Office of the President," Paul Fullmer, Chaplain and Director of Service and Volun-

teerism, said. "The lobby will be updated in a style akin to that of the Lebegern Learning Center: new carpeting, modern tiles, efficient LED lighting. Most striking, perhaps, is the replacement of the wooden grid design in the ceiling of the lobby with a large circular feature with interior lighting."

Interestingly enough, Miller Chapel was used this summer for multiple weddings and worship services. The Chapel has also returned to its normal operating hours.

V. PETTYJOHN vmp001@lvc.edu

NAVIGATING *continued from page 1*

Lebanon Valley College offers resources to on-campus residents as well. Residential Life is always open for students who have questions regarding their room situations or questions in general. The Residential Life staff can be found in the Center for Student Engagement in Mund.

Resident assistants host socials throughout the semester, typically located in the lounges of the dorms. These get-togethers serve as a chance for students to get to know the others living in their dorm and often offer prizes or food for their attendance.

"Resident Assistants are required to put on one community development event each month as well as host monthly programs related to wellness and Inclusive Excellence," Michael Diesner, Director of Residential Life, said. "Attendance at residence hall programs was at a four year high in 2015-2016 with an average program attendance of over 15 residents."

Navigating the dorms doesn't just mean decorating

one's space; it means coexisting with one's roommate. Roommate contracts allow for easier communication and help to set up the expectations of both roommates from the beginning, lowering the risk of miscommunication further down the road.

"Roommates are asked to develop a contract with one another about the agreed upon use of items in the room, sleep schedules, cleanliness and any other dynamics that are important to them as individuals," Diesner said. "Roommate contracts are a great starting point for negotiating the living space with one another and can be amended at any time."

Honesty is the best policy when it comes to roommates, and in times of trouble, RAs are available and ready to help.

College is a new frontier for freshmen, and learning to navigate the classroom is only one challenge. Navigating the dorms can perhaps be the most daunting but can also be the most rewarding.

E. FISHER emf004@lvc.edu

Letters to the Editor

La Vie Collegienne requires all Letters to the Editor to contain the author's name, telephone number, and e-mail address. No initials or pen names will be accepted. La Vie does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of La Vie Collegienne. La Vie reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of La Vie or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu.

La Vie Collegienne

101 N. College Ave | Annville, PA 17003
Established 1924

Winner of
Pennsylvania Newspaper
Association Keystone Press
Awards in 2012 and 2015

CO-EDITOR
Lyndsay Riedel '17

CO-EDITOR
Veronica Pettyjohn '18

ADVISOR
Jaime Fettrow-Alderfer

ERIKA FISHER '17
STAFF WRITER

Lebanon Valley students balance their academic life with social obligations, and in many cases, professional duties.

An LVC student has the chance to work for the school to earn experience, build his or her resume and earn extra money through jobs that can often connect to a student's major. LVC offers dozens of jobs to students, enough that anyone can find one that works for him or her.

The Lynch Technology Center's main desk serves as an assistant's job for the computer lab. Assistants help to keep the lab running and keep an eye out for any problems with the technology in the lab. Also located in Clyde A. Lynch '18 Memorial Hall, the Office of Information Technology hires students to work at the front desk.

The Audiovisual Technology department is always looking for helping hands.

Students are trained over a two-semester long program.

"After that, students are the first line of support for all installed technology in the classrooms, dining halls, meeting rooms and the basketball gym," Andrew Greene, Director of the Audiovisual Technology, said. "In addition, they are responsible for setting up equipment in areas that don't have equipment installed and they set-up, test, troubleshoot, resolve issues and also provide training to users as necessary."

The Center of Writing and Tutoring Resources, located in the basement of the Allan W. Mund College Center, is home to many on-campus jobs. Students can become a writing mentor, assigned to a first year seminar in particular, or become a writing center tutor, available by request.

"Almost all of them were hand-picked by the professors teaching the FYE courses, so there's a relationship established already," Elizabeth

Julian, Director of the Writing Center and Peer Tutoring, said. "Plus, writing mentors can focus on supporting one course, thus streamlining academic support."

Organizational students help those struggling with keeping their academic work together in order to encourage growth in grades. Other students can work as tutors for different subjects, or as a peer mentor to incoming freshmen.

Valley Ambassadors are some of the first people prospective students meet on campus. Their duties include giving tours to prospective students and high school groups. They often work Saturday program days as well, helping to control the chaos of Discovery Days. Valley Ambassadors are typically interviewed during the spring semester; hired Ambassadors begin work the following fall.

Vernon and Doris Bishop Library allows students to work at the front desk. Duties include shelving books

and helping to keep the library running. Across the sidewalk in Humanities, students work in the Registrar's office to help keep classes running smoothly. There are even student workers in President Thayne's office.

Other students work outside of the college and go to Metz, working behind the counter at InterMetzo in Lynch Memorial Hall or in the Mund dining hall. These students also have the opportunity to work in the Dutchmen Den located in Yuhas Commons between Dellinger and Marquette.

Though many of these jobs hire in the spring semester and don't allow students to begin until their second semester, they provide valuable opportunities for students to gain professional experience before they go into the real world. Many of these jobs also allow students to work over the summer, helping to build their resume.

E. FISHER emf004@lvc.edu

Help wanted

La Vie Collegienne

LEBANON VALLEY COLLEGE'S STUDENT NEWSPAPER

Volume 84, No. 2

An Independent Publication | Founded 1924

October 6, 2016

Residence hall vandalism investigated

REBEKKA CARPENTER '17
STAFF WRITER

Lebanon Valley College is investigating the priciest case of vandalism the campus has seen in years.

Mary Green Hall received a \$3 million renovation over the summer to improve the residence hall for returning upperclassmen. Time and money were spent repairing the residence hall rooms, kitchen and even the bathrooms.

On Sept. 3, a resident or resident's guest vandalized the third floor men's bathroom. The still unidentified vandal caused more than \$2,000 worth of damage to the recently renovated bathroom by wedging a banana in the tank of the toilet, compromising the seal and preventing the tank from filling and shutting off. Jay Lohman, the area



Photo by Rebekka Carpenter

coordinator of the building, described the results of the wedged banana.

"Compounding the matter was an excess of toilet paper and human waste in the bowl, which disallowed water to escape down the drain," Lohman said.

All three restrooms on the

west side of Mary Green flooded after several hours of the toilet filling and not shutting off during the night. Adding to the damage was water in the boiler room and the shorting out of the Simplex Fire Safety panel.

According to Lohman, the cost for repairs will be split

among the residents. A total is still being worked out and will be announced to the residents of the third floor soon.

Adhering to Residential Life policies, the total is being split among the third floor and not the entire building due to the unlikelihood that it was someone from another floor

who caused the damage.

The incident is still under investigation since no one has come forward or been identified by his or her peers. If someone comes forward, the responsible person will be held accountable for the cost of the damage and charged with vandalism.

"The outcome of that charge would be dependent upon what we learn, but the consequences could be severe," Michael Diesner, Director of Residential Life, said.

Residential life is hoping to find the person who is responsible before everyone on the floor is forced to incur the cost of the repairs.

R. CARPENTER rsc003@lvc.edu

Be heard at polls



Photo by Sammi Hummer

SAMMI HUMMER '17
STAFF WRITER

Registering to vote and the act of voting are rights that most college-aged Americans have.

With the upcoming 2016 presidential election on Nov. 8, the question of whom to vote for is still lingering for some people, including some

students on campus. Hillary Clinton and Donald Trump are the two primary candidates in this election, with other candidates such as Gary Johnson on the Libertarian party ticket and Jill Stein on the Green Party ticket. Emily Sweeney, a senior political science major, believes that this is the time to find where one lies on the political spectrum. "A lot of college-aged students say their votes don't matter; they don't really support any of the candidates," Sweeney said. "A lot of the information can be found online; if you can't identify with a certain person, look back to the issues you believe in and look up their stances."

Other states' deadlines can be assessed online with a simple Google search. For Pennsylvania, the deadline for all three methods is Oct. 11. With a simple Google search, other states' deadlines can be accessed online. Historically speaking, the college demographic has not been found in the polls, according to Dr. Diane Johnson, Associate Professor of Politics. "I feel strongly that for a liberal democracy to work, everyone must be well-informed to vote," Johnson said. "It is important for all citizens to register to vote." There are three different ways that a person can register to vote: online, in person and by mail. For each of these options, an intended voter must fill out a simple reg-

istration form by the deadline.

Before one registers to vote in Pennsylvania, three requirements must be met. The prospective voter must be a U.S. citizen, be 18 years old by the day of the election and live at a Pennsylvania address by Oct. 9. If the voter is convicted of a felony, that person loses the right to vote while incarcerated, but has an automatic restoration after release. For additional information on how to register, go to www.lvc.edu/lavie. There's information on how to register to receive an absentee ballot as well.

S. HUMMER snh003@lvc.edu

Citizens' duty

TRAVIS HALL '19
STAFF WRITER

Wars have been fought and lives lost to preserve democracy and free elections in the United States, yet millions of Americans voluntarily give up the right of self-determination each year by choosing to bypass the voting booth.

With perhaps the most important presidential election approaching, a large portion of the population is refusing to voice their opinion in the voting booth. Many use their lack of knowledge about presidential candidates Donald Trump and Hillary Clinton as a crutch for avoiding the polls. Associate Professor of Politics Dr. Diane Johnson has thoughts

See CITIZENS' / Page 3



New name, new face

HAYLEY HOLLOWAY '17
STAFF WRITER

Lebanon Valley College's Office of Multicultural Affairs underwent big changes; it made changes to its name, staff and mentoring program.

Beginning this academic year, the office is now called the Office of Intercultural Affairs and Inclusive Programs, or OIA, with Renata Williams serving as the director.

The new name of the office better reflects the goals and mission of the College. Some believed that the old name, the Office of Multicultural Affairs, implied that it only served certain students.

"The name Intercultural Affairs really gets at what we're aiming to do," Williams said. "It's much more inclusive, and it's much more in line with our goals and our mission."

This academic year will be Williams' first with LVC. However, it is not her first time working in higher education. Before coming to the Valley, she worked at Fulton Montgomery Community College as the Director of Collegiate Science and Technology Entry Programs.



Photo by Hayley Holloway

"My job was kind of to remove barriers," Williams said. "I did things like orchestrate tutoring sessions and different supplemental instruction opportunities and taking different trips to different places."

The mentoring program within the Office of Intercultural Affairs underwent changes as well. Discussed even before the change of the name of the office, the mentors themselves have a new

name this year: Mosaic Mentors. Olajiwon McCadney, Assistant Director of Intercultural Affairs, came up with the name from mosaic tiles.

"The old name, Multicultural Mentors, didn't really speak to the backgrounds of the mentors nor the backgrounds of the mentees," McCadney said. "Multicultural became almost synonymous with stu-

See NEW NAME/ Page 5

Packed with love

MEGAN MARRON '18
STAFF WRITER

When Tracy Bond Ciabattone and the rest of her "Stars and Stripes" alumni chapter began shipping snacks and candy overseas 11 years ago, they had no idea how large their project would become.

This fundraiser, dubbed, "Treats for Troops," started out as a chapter service project and has turned into so much more. The first Treats for Troops took place in Ciabattone's apartment living room, where she and the other chapter members packed 25 treat bags.

In 2015, the project resulted in more than 1000 bags shipped to service men and women.

"Treats for Troops is my baby and my passion," Ciabattone said.

Once the project had outgrown her living room, Ciabattone went looking for a local Alpha Sigma Tau chapter to team up with; she then found Lebanon Valley College for the project.

For the past three years the Stars and Stripes Alumni chapter has teamed up with the Gamma Tau chapter of Alpha Sigma Tau to bring treats and encouragement

to troops stationed overseas.

Alpha Sigma Tau's annual Treats for Troops fundraiser took place on September 24 in the Lebanon Valley College Underground. The sorority, along with campus and community helpers, packed 1,471 bags to send to deployed men and women.

The bags offer the men and women overseas a small taste of home.

"One mother wrote to me to say that it was the first time she had heard her daughter laugh since deployment," Ciabattone said.

The response from the troops is one of the main reasons that Ciabattone and her team enjoy doing this. They also like how much campus and community involvement takes place throughout the endeavor.

The long-term goal of Treats for Troops is to simply keep outdoing themselves, though they would love if the world could get to a place where there were no more deployed troops.

M. MARRON mnm003@lvc.edu

New tech platform transforms job search

LAURA BRENT '18
STAFF WRITER

Lebanon Valley College now features a new intuitive and engaging career management platform to help students find jobs and internships within their career path.

It's called Handshake. As of July 1, Handshake replaced JobCenter, the previous career management system that the College utilized.

Sarah Bartz, Associate Director of Career Development, believes that JobCenter was effective, but not as technologically up-to-date.

"JobCenter had a database feel that students weren't as comfortable with," Bartz said. "Handshake looks like the Facebook version of job searching. The interface is easy to use and it also engages students in a way that JobCenter just didn't before."

Handshake is a one-stop shop for students to build their own profile, upload ré-

sumés and search for jobs, internships and events. The user-friendly interface connects students with more than 105,000 opportunities, and more than 90 percent of Fortune 500 companies use Handshake to recruit.

"Students are really excited about the feedback [from Handshake]," Bartz said. "They seem to really appreciate the ease of use while searching for jobs and opportunities."

Brynn Mason, Assistant Director of Career Development is impressed with the ability to connect students to employers on a national and international level through Handshake.

"Students who want to move to Florida or Texas after they graduate now have opportunities and connections that we never used to have," Mason said.

Each day the Center for Career Development receives



Photo by Laura Brent

50-100 employer requests and 25-100 job postings to be approved on Handshake.

"We hope that Handshake will re-engage the LVC community in the internship and job search process with its easy-to-use interface, easy to navigate opportunities and the sheer number of opportunities available within the system," Bartz said.

As students personalize their profile and update their

interests and career goals, Handshake will filter more jobs, internships and opportunities that are the best match for the student. These postings will appear on the student's Job Center home screen for easy access.

"I really appreciate the way the students can engage and personalize the system," Bartz said. "The more the student utilizes the system and what they're interested

in doing, the more the system is going to work for them. I really like the way the system is intuitive in that way."

Within the next year, the Center for Career Development hopes to integrate the ability to request appointments with career counselors online via Handshake.

The Center for Career Development encourages all students to log-in to Handshake through MyLVC or the Handshake app. Students can use their log-in information that they use to access all LVC platforms.

"One of the biggest things students should know is they should access it sooner than later," Bartz said. "Spend time personalizing your account, even if you are a first-year student; that way when you are approaching graduation, Handshake is something you'll feel comfortable with."

L. BRENT ljb003@lvc.edu

Fine replacement

BRIANNA METSGER '19
STAFF WRITER

The Vernon & Doris Bishop Library staff made a decision to eliminate fines for overdue items in the library.

In place of fines, once an item becomes overdue the borrower has 30 days after the due date to return the item or face a replacement charge of \$50 and a processing fee of \$15.

"We want the items back," Sarah E. Greene, Director of the Bishop Library, said. "Where we start to have issues is when the items don't come back at all."

Greene said the new circulation policy was developed with the intention of a higher return rate, which will make the library collection

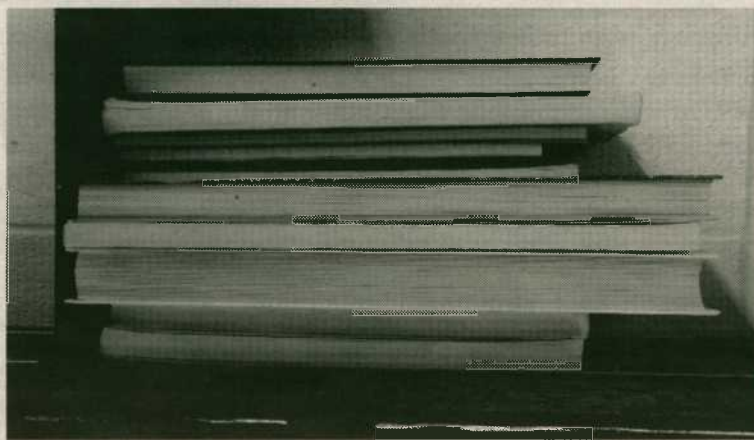


Photo by Brianna Metzger

more accessible to everyone. The former circulation policy consisted of 25 cent fines every day an item was late to be returned. This system was relatively taxing to library workers and students.

With this new plan, once an item becomes overdue the borrower will receive an

email once a week for four weeks. By the end of those four weeks the borrower will face the replacement and processing fees. If the item is returned within the month-long period after the due date, no fee will be charged.

"If you cross over the 30 days, at that point we're

looking at replacing the item so that other people have access to it," Greene said.

This fee will act as a typical charge, such as a parking fine, on a student's account and will be issued through the business office. During this time, the item can still be returned to the library and the \$50 charge can be dropped from the fee. However, once the fine is sent to the business office, the borrower must pay the \$15 processing fee.

Immediately after an item becomes overdue, that borrower's library account becomes blocked; this is only limited to checking items out of the collection. Students are still able to reserve study rooms and access the library's online databases.

Ultimately, Greene said it's very difficult to determine market value. Some items simply can't be replaced or an older edition is not available. The \$50 replacement fee was calculated as a middle ground.

"Some things are going to be less and some things are going to be more, but it'll even out in the end," Greene said.

Ultimately, these changes were made to ensure the library and its many resources remain accessible to everyone.

B. METSGER bem004@lvc.edu

CITIZENS' *continued from page 1*

on why it's vital for those voters to do research and make their mark on the ballot this November.

"Citizens in a democracy have a certain ethic responsibility to be well-informed," Johnson said. "To make those kinds of important decisions about who's going to be deciding policies, who's going to be deciding how our money is spent, who's going to be deciding whether we go to war, whether we're going to have health care—these are really important decisions."

Another reason for low voter turnout, especially in this election, is the sizeable number of citizens who can't bring themselves to vote because they bemoan both Trump and Clinton. But what Johnson urges people to understand is that there is much more to voting than just picking between those two.

A critical part of the voting process has nothing to do with the big names at the top. There are many local elections that will be on the ballot in November—specifically state senate and house members—that will likely have a more noticeable impact on the common voter than the presidential election will. Plus, those who steadfastly refuse to vote for the President have the ability to opt out and only partici-

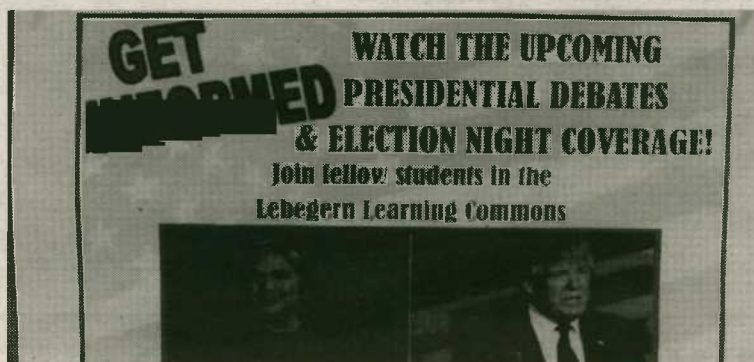


Photo by Rebekka Carpenter

pate in the other elections.

However, Hannah Sorenson, a politics major and leader in resurrecting the Young Republicans Club at Lebanon Valley College, and Alexander Smith, leader of the Lebanon Valley College Democrats, expressed their opinions as to why voting for the President is an important part of making a difference in the future of the democracy.

"Whichever person, Trump or Clinton, gets elected, they're going to pick the next Supreme Court Justice, and that's my biggest reason why I think people should vote," Sorenson said.

Placing the next Supreme Court Justice will be one of the first items on the agenda for the new President because, as it stands, there are four Republican Justices and four Democratic Justices. Supreme Court Justices are seldom identified by political party; however, generally they are considered

conservative, moderate or liberal. It is such a hot topic in the 2016 election because whichever party leader gets put into office will determine which party has the majority in the Supreme Court: a decision that will have implications for decades to come.

"Voting is how people express their views and opinions to the government," Smith said. "You are not supporting your opinion by not voting, you are silencing yourself. The next President is the one to appoint new judges, so this election will decide the political swing of the courts for decades."

The 2016 presidential election will have a monumental effect on the direction of the United States for the next four or eight years. Whether one is voting red or blue, an LVC student can be part of that decision process.

T. HALL thh002@lvc.edu

New health professions pavilion

ERIKA GREGORY '19
STAFF WRITER

The new Health Professions Pavilion is set to break ground this spring.

Lebanon Valley College is setting a new standard in health professions with its new project. The Health Professions Pavilion will house the existing physical therapy, athletic training and exercise science programs. The College also plans to add speech-language pathology. "I think the building will improve not only the physical therapy program, but also all of the health science majors," Anne Lehr, sophomore physical therapy major, said. "It will allow all programs to evolve and change with the dynamic field of health science."

The new building will be 60,000 square feet, providing hands-on learning and modern technology as well as an ideal setting for experimental learning and innovative research.

Dr. Michael Lehr, Clinical Associate Professor of Physical Therapy, says the building will offer advanced technology to help deliver curricular content, such as laboratory cameras that help capture psychomotor skills. Lehr said he is most excited about the 2,600 sq. ft. human performance laboratory. The lab will offer state-of-the-art motion analysis equipment that will open op-

portunities to collaborate with Hershey Medical Center, the clinical community and student-faculty research.

"The advantage of the LVC program is the reputation the program has," Lehr said. "The reputation will only be enhanced with the cornerstone of the program being a \$20 million facility." This new innovative building is not only exciting for professors but is also what students are looking for.

"I hope it offers more hands-on learning that normal classrooms cannot provide," Lehr said.

The building is being constructed because of a donation from the Arnold family. The \$10 million gift is the largest in college history and one of the largest gifts received by any college or university in central Pennsylvania. The college plans to expand that budget to \$20 million in order to make the building everything it is expected to be.

Students are eager to use the new building.

"I'm very excited about the new health professions building," Samantha Lash, a sophomore physical therapy major, said. "I feel that is a huge step in the right direction." The new building is scheduled to open in 2018.

E. GREGORY eg007@lvc.edu

New smoothie program promotes student health

JULIA BREWER '19
STAFF WRITER

Metz Culinary Management is shaking things up in the Allan W. Mund Dining Hall with a new smoothie program for students who want to incorporate more fruits and vegetables into their diet.

After receiving input from experts such as Jared Hatz, the strength and conditioning coach at Lebanon Valley College, about how to bring healthier options into the dining hall, Metz decided to implement the new smoothie program. For \$25, payable with cash or Flex Dollars, students can purchase a travel cup to be used with any of the six Vitamix blenders to make as many custom smoothies or shakes that they want. "I like the new smoothie program," Brenna O'Neill, a junior biology major, said. "I think it is a good option for people who need something quick for a meal and who want to save the smoothie for another meal."

One of the biggest challenges college students face when



Photo by Julia Brewer

trying to eat healthy at school is a lack of time and resources. The new smoothie program addresses both of these issues with a variety of fresh fruits and leafy greens are provided every day. The special cups are portable and easy to bring to class or practice.

The possible benefits from drinking smoothies frequently are endless. According to Hatz, many of the struggles life as a college student brings about such as having trouble

sleeping, falling asleep during class and getting sick are often the result of a poor diet. Making smoothies allows students to incorporate a large serving of fruit and vegetables into one meal and get many of the nutrients they are missing in their typical diet. "Maybe if we were eating better, we would be getting the appropriate amount of nutrients that help with all these processes in the body," Hatz said.

For students who want to take advantage of the smoothie station but who do not know where to begin, information is available in a variety of places. Associate professor of philosophy Dr. Robert Valgenti, who teaches a class on the philosophy of food, introduced freshmen to the new option during orientation. Also, resources for recipes and nutritional guidelines will be available on the strength and conditioning website once it launches later this semester.

Currently, the new coffee shop in the library offers smoothies with protein in

them but the dining hall has yet to adopt this feature so the phrase "B.Y.O.P." has been coined to encourage students to "bring your own protein."

"If you're going to Metz and thinking about making smoothies consistently as a meal replacement or meal on the go, then I would recommend buying a protein powder and adding that in your smoothie," Hatz said. The smoothie program is an innovative addition to Mund Dining Hall because it allows students to incorporate nutrients they may be missing in their diet in a convenient and enjoyable way. This is one of the many ways the college is promoting the well-being of their students. A healthy diet goes hand-in-hand with a healthy life.

J. BREWER jcb007@lvc.edu

Letters to the Editor

La Vie Collegienne requires all Letters to the Editor to contain the author's name, telephone number, and e-mail address. No initials or pen names will be accepted. La Vie does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of La Vie Collegienne. La Vie reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of La Vie or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu.

La Vie Collegienne

101 N. College Ave | Annville, PA 17003
Established 1924

Winner of
Pennsylvania Newspaper
Association Keystone Press
Awards in 2012 and 2015

CO-EDITOR
Lyndsay Riedel '17

CO-EDITOR
Veronica Pettyjohn '18

ADVISOR
Jaime Fettrow-Alderfer

Home away from home

CASSANDRA BARRETT '19
STAFF WRITER

Lebanon Valley College is home to nearly 2,000 students who represent 20 different states across the country.

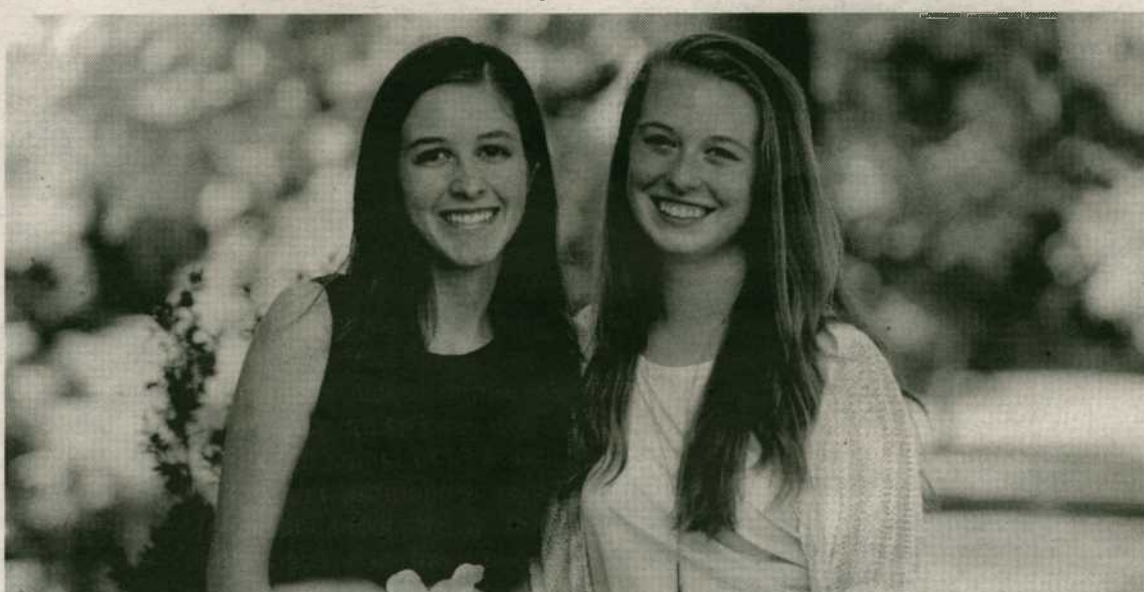
Junior Marie Szilard is a physical therapy major from Rochester Hills, Michigan, which is roughly 500 miles away from LVC. It takes her close to nine hours by car to get on campus for the start of the semester.

Szilard was initially drawn to LVC by the six-year physical therapy program the College offers.

"There aren't many programs in the nation, only about one or two per state," Szilard said.

For Szilard, LVC provides her with excellent hands-on training and learning for her future career in physical therapy. However, Szilard has come to love and appreciate the school for more than just her chosen major.

"Being here just feels like



Samantha Watson (left) and Marie Szilard (right)

Photo by Cassandra Barrett

home," Szilard said. "Even if physical therapy wasn't here, even if I was a business major or an education major that I could go anywhere for, I would still pick LVC."

Samantha Watson, also a junior, echoes Szilard's love for the Valley. Watson is an Actuarial Science and Economics double major who

currently resides in Virginia, but was living in Florida when she chose Lebanon Valley College. Valrico, Florida is more than 1,000 miles away from LVC. Watson's father works for the U.S. Military, so she has lived in nine different states including Hawaii, Maryland, Kansas, North Carolina and Georgia.

Her aunt, an alumna of LVC, recommended that she look into Lebanon Valley. Watson chose LVC primarily because of its Actuarial Science program. Since living in Annville, however, Watson says she has come to love LVC not only for its fantastic programs and faculty, much like Szilard, but also

for its sense of community.

"The people are great, so I think that makes a big difference," Watson said. "I'll walk to class and see ten people that I know, and it's not like I pass a bunch of strangers. I love that I can recognize everyone, and I'm definitely glad I've made this choice."

Attending college for many students can be a very nerve-wracking experience, especially for those who travel great distances. However, Szilard and Watson make it clear that Lebanon Valley College has already provided them with much more than just academic knowledge. It has given them a sense of community and belonging. LVC is now home.

C. BARRETT crb008@lvc.edu

NEW FACE *continued from page 2*

almost synonymous with student of color, rather than looking at the different identities that intersect with being a student of color or any other minority group, whether it's class or sexuality."

Mosaic Mentors work with first year students, incoming freshmen and transfer students for their entire first year. Mentors lead one-on-one meetings and group meetings, connect students with resources, help with orientation and the Bridge program, and help represent the Office of Intercultural Affairs at certain events, such as LVC Live.

"They're like our eyes and ears outside of the classroom for the incoming first-year students that we serve," McCadney said.

James Willey is in his second year of being a mentor with the Office of Intercultural Affairs. He decided to become a mentor himself because he had an excellent mentor, Darryl Sweeper, as an incoming freshman.

"He always made me feel really welcome when I first came to campus, and he was able to help me in ways that I couldn't think I could be helped," Willey said.

H.HOLLOWAY hah001@lvc.edu

RACHEL ANDERSON '17
STAFF WRITER

Dutchmen, step up. Step Up! is a bystander intervention training that teaches college students to be proactive in helping each other. Students learn how to notice unhealthy behaviors and gain the confidence to intervene with five easy steps.

In August, eight LVC student-athletes teamed up with LVC's head men's and women's cross country coach James O'Brien to create a promotional video on Step Up! titled, "It's On Us." The video encourages students to recognize when their peers are suffering from physical, emotional or mental abuse.

"Students can make an impact on their team," Jackie Dando, LVC's head women's lacrosse coach and SAAC coordinator, said. "We want to give them the confidence and skills to be able to step up in an emergency or non-emergency situation."

Lebanon Valley College is among many college campuses that are taking part in the Step Up! training. On September 25, roughly 500 student-athletes at LVC participated in a Step Up! workshop led by members of the LVC Student-Ath-

lete Advisory Committee.

"We really believe it takes one person to make a change," Dando said. "If we can inspire one person to step up, it will continue to ignite and grow our campus."

The Student-Athlete Advisory Committee (SAAC) comprises more than 45 student-athletes from LVC's 23 sports. Various members of SAAC are also part of the Per-

sonal Development Committee that helped plan the Step Up! workshop. This committee aims to give students the ability to step up in uncomfortable settings before an emergency situation develops. "If we can start to make some impact, it can certainly grow to a campus community that is really caring and takes care of one another," Rick Beard, Director of Ath-

letics, said. "I think it is very important that our student athletes start the initiative."

Through the Step Up! training and "It's On Us" video, student-athletes at Lebanon Valley College are developing the skills and confidence to help each other. As Dutchmen, it means to care for one another.

R.ANDERSON rma001@lvc.edu

Stepping it up



Photo by Rachel Anderson

Campus cats need homes

MORGAN WEBB '17
STAFF WRITER

While LVC has a clear policy against students housing four-legged pets in dorms, the campus is still home to more than a dozen stray cats.

Although some of the felines aren't as friendly as a typical housecat, many students have had the opportunity to approach, feed and even pet the neighborhood cats. This may seem like fun for all of the cat-lovers living on campus, but harsh reality will begin to set in as the winter months roll around and the animals are left without a warm bed to sleep in.

The Humane Society of Lebanon County combats the issue and gives homes to the large number of stray



Photo by Sydney Fuhrman

cats roaming the county. The Humane Society is a nonprofit organization that receives stray animals from every municipality in Lebanon County, as well as those animals surrendered by residents of the county who cannot or will not take adequate care of their pets. Animals brought to the So-

ciety are entered into a foster program to locate the best possible 'home. The Society has even waived the \$25 animal entry fee for Annville, giving the community even more reason to bring strays to the shelter.

No one is more familiar with this process than Sydney Fuhrman, a junior English major, who adopted a cat she found on campus last April. Fuhrman first met her cat, whom she would later name Ouji, late one night while walking back to her room with a friend.

"He immediately approached us, and he actually ended up sitting on my lap for nearly an hour," Fuhrman said. "His most notable charm is his friendliness."

Soon after meeting Ouji, Fuhrman learned that someone had taken him to the Humane Society and he was eligible for adoption. After filling out a simple form and making the proper living arrangements, Ouji was no longer a stray. "Because the Humane Society determined he was about 10 years, the adoption fee was waved," Fuhrman said. "All I had to do was pick him up the day I moved out, and now we have a new addition to the family."

While Ouji's story has a happy ending, it is important to note that there are still countless strays living on LVC's campus without a home. The Humane Society is the only animal shelter located in Leb-

anon; the nonprofit boasts countless success stories and prides itself in making the process simple and effective.

Fuhrman agrees that a college campus is not a proper home for stray cats and strongly endorses the work of the Humane Society.

"They really do care about the animals," Fuhrman said. "Each pet gets checked for viruses and illnesses and their shots are updated. They want to find good homes for all the animals they have, and that's important."

M.WEBB mnw002@lvc.edu

International instructors land at LVC

GRACE BAILEY '19
STAFF WRITER

At Lebanon Valley College, students can learn a language from knowledgeable professors.

And starting this semester, students can also participate in a language lab for Spanish or French with teaching assistants who just arrived from Argentina and France.

This year, teaching assistants Noelia Carrizo and Manon Walter are the two newest additions to the language department. Both women were chosen to participate in the prestigious Fulbright Foreign Assistant Teaching Program. This grant enables teachers from abroad to come to the U.S., teach secondary educa-

tion students their language and culture and take courses at American universities.

Carrizo comes to LVC from Catamarca, a small province in the north of Argentina. After earning a Bachelor of Arts, she began teaching primary school students. Yet Carrizo always knew she wanted to be an English teacher at the university level, so she continued looking for opportunities.

She was drawn to apply for the Fulbright program because she always knew she wanted to teach adults.

"They are more interested in their studies and in their future," Carrizo said.

"They really know what they want in their lives. Usually it's also challenging to work with adults because

they demand a lot from their teacher, but that's good."

Recalling the path that led her to teach in Annville this semester, she mentioned she wanted to be a teacher from an early age.

"When I was a little child in primary school, I had a really good teacher," Carrizo said.

"She was strict. She wanted us to learn and progress. She was good, and when I saw her I said to myself 'I want to be like her' up there teaching and helping students."

Whereas French teaching assistant Walter did not have a defining moment that led her here, she had more of an intuition that she wanted to live abroad.

"I love languages and other cultures, so for me at the

beginning I was sure I'd go elsewhere," Walter said.

Walter already has earned both her bachelors and masters, and studied at different universities in both France and Germany. Her home, Thionville, is along the northeast of France near Luxembourg and Germany.

After completing a rigorous application process and being selected, she then had to choose a college to teach at. She ultimately chose LVC for its proximity to major east coast cities.

So far both are enjoying their time here. They've appreciated the friendliness of the students.

"You can't go to a place without knowing somebody," Walter said. "I've been here

for only three weeks, yet anytime I go somewhere I know somebody. It's kind of cool."

For Carrizo, this experience is a great chance to prepare for her future in teaching university students. While instructing students here, she hopes to transfer those skills to teaching in higher education back in Argentina.

Both will be at LVC until the end of the academic year in May 2017. Until then, students will be able to engage with both teachers and learn about Spanish and French culture in a relevant and interactive manner.

G. BAILEY

gmb003@lvc.edu

Play production

EMILY FELTY '18
STAFF WRITER

Students at Lebanon Valley College not only have the opportunity to participate in the upcoming musical "Kiss Me, Kate," but also the chance to produce it.

Cast members are rehearsing now under the direction of sophomore Tyler Miller, an English Communications major with a concentration in theater and a minor in business administration.

As a member of the Wig and Buckle Theater Company, this is Miller's first time directing. She was elected to this position by fellow members in the spring.

"Directing is what I want to do with my life," Miller said. "I've always been good at looking at people's performances and finding different ways to improve them. Really, when you're a director, I'm learning that it is entirely your vision. To me, that's so cool."

For Miller, the hardest part about directing was learning that she is in charge of everything. Fortunately, there is a lot of help from other production staff members: Emily Nie-



Photo by Emily Felty

Halcoverage, pit director; and Grace Bailey, stage manager.

The Wig and Buckle Theater Company puts on an entirely student-run production, with the assistance of a few alumni and Dr. Kevin Pry, an Associate Professor of English and the Executive Director of the Wig and Buckle Theater Company.

"My general role with Wig and Buckle is to be a liaison between the company and the college, but also to be the faculty supervisor of the actual production process," Pry said. "Most of the time

I supervise the production staff, and that means helping the directors and the actors."

Pry also does background research to assist the actors, directors and designers.

"The thing I like most about my job is helping facilitate these very, very talented people," Pry said. "They have the passion, they have the talent and they have the knowledge. My job is to give these kids the right kind of structure and the chance to really go to town."

The musical "Kiss Me, Kate," written by Bella and Samuel Spewack

and scored by Cole Porter, takes place in the 1940s.

"This typical, funny, classic musical is about this company putting on a musical version of Shakespeare's 'Taming of the Shrew,'" Miller said. "It's kind of a show within a show."

The two main leads are a divorced couple, Fred Graham, played by Sean Reynolds, and Lilli Vanessi, played by Rachel Hogan. Though Lilli is engaged to General Harrison Howell (Alec Hamilton), Lilli and Fred still harbor feelings for one another. The two main supporting characters,

Bill Calhoun (Jacob Kanavins) and Lois Lane (Victoria Hackman), are nightclub performers trying to make a big break on the stage.

Romantic conflicts, gambling, a run-in with gangsters and witty songs promise an entertaining time in the theater.

Performance dates for the musical are October 28, 29 and 30 and November 4, 5 and 6 in Leedy Theater. Friday and Saturday shows start at 8 p.m. and Sunday matinee performances begin at 2 p.m.

For those interested in taking part in a musical or play, come to a Wig and Buckle meeting on Mondays at 4 p.m. in Leedy Theater. "The great thing about us, since this isn't a huge theater school, is that we have so many students from different majors," Miller said. "You can get involved with as little or as much as you want. Wig and Buckle is a really awesome group on campus."

E. FELTY

ejf006@lvc.edu

Ten weekends of heart-stopping fear

MISSY WALMER '19
STAFF WRITER

America's number one haunted attraction is open for just 10 weekends per year.

Jim and Gene Schopf started creating the heart-stopping attraction in 1990 known as Field of Screams located in Mountville, Pennsylvania, near Lancaster.

"We went from harvesting crops to harvesting fear," Jim Schopf, co-owner of Field of Screams, said.

The Schopf brothers were always being innovative, having first started out selling homegrown foods out of a wagon to neighboring buyers. The idea of the first haunted house started out just for fun.

"Our sister and her Brownie Troop would come, and we just did it for fun rather than a business," Jim Schopf said.

The barn then was accompanied by a haunted hayride through the fields. After having such good feedback, the

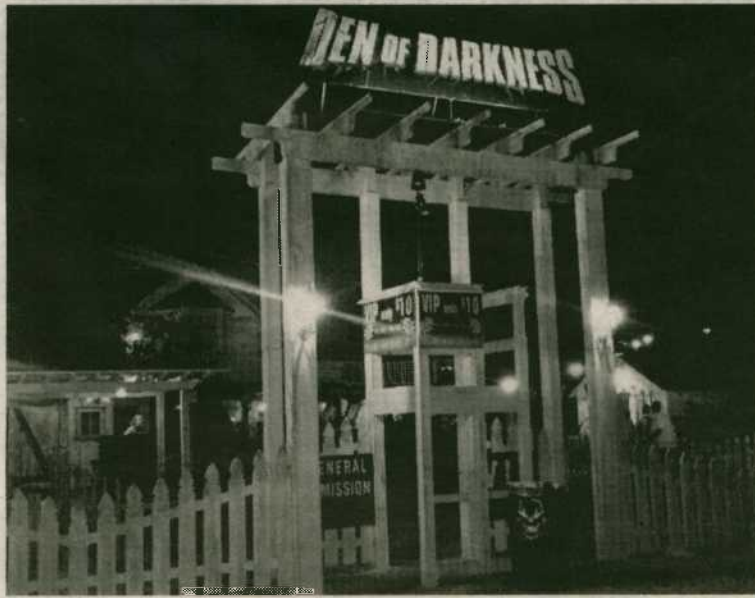


Photo by Missy Walmer

third year was when they decided to officially transform the barn into the Den of Darkness, which can be seen today at their attraction. They now have the Den of Darkness, Haunted Hayride, Nightmare Asylum and Nocturnal Wasteland.

Along with the four main attractions, there's a big open

area with food, such as sandwiches, walking tacos, caramel apples, chocolate covered frozen cheesecake, hot apple cider and more, a souvenir stand, games, a free photo booth and a big stage for special events. "Field of Screams and its employees are dedicated to improving, changing, and mak-

ing it bigger, badder, better and scarier," Jim Schopf said.

Jim described his employees, who are anywhere from 16-26 years old, as being passionate and constantly contributing to further improvements and new ideas.

Brandon Crawford, Den of Darkness co-manager and employee of eight years, started out as an actor and worked his way up to overseeing the Den of Darkness. Brandon described the atmosphere between the coworkers as a family-like camaraderie and just an overall feel-good atmosphere where everyone looks out for everyone else.

Crawford's favorite part is easy.

"It's getting to scare people to blow off steam," Crawford said.

Field of Screams had its opening weekend Sept. 9 and will be open until the weekend of Nov. 11. The attraction ends on Saturday, Nov. 12 with the Field of Screams 5K Zombie Fun

Run to benefit the Pennsylvania Breast Cancer Coalition.

Anyone interested in visiting the Field of Screams can find coupons at the Subway near campus. Coupons include \$2 off on Friday and \$4 off on Sunday. Hours vary by day and month, but by visiting La Vie's website – www2.lvc.edu/lavie – interested visitors may purchase tickets online and check out parking and opening times.

M. WALMER

mmw008@lvc.edu

Half time is their time

HANNAH BROUGH '18
STAFF WRITER

The Pride of the Valley has certainly earned the right to its name.

The 125 Lebanon Valley College students who make up this season's marching ensemble have a long legacy of excellence to follow. Though a smaller group than in past years, the band's size alone is impressive according to Dr. Christopher Heffner, Associate Professor of Music and Director of Bands.

"We're about 8 percent of college enrollment," Heffner said. "It's ridiculously large for any school. There are no schools of this size that have marching bands this size. It just doesn't happen."

Heffner also said that this year, like every other, has presented its own challenges. Still, it would seem that the band has matched past seasons in music and marching quite brilliantly. However, living up to such a precedent is no easy task.

The Pride of the Valley begins work on the field show before classes even be-

gin. They arrive on campus in advance to participate in band camp, where the marching is learned and the music is refined. Five days are spent working muscles both mental and physical.

This workload continues throughout the semester. Three hours a week are dedicated to formal rehearsal on top of private practice sessions. On Saturdays when the football team plays at home, the Pride of the Valley dedicates almost the entire day to performing.

While this seems like a lot of work for not much reward, those involved with the band would disagree. Junior Music Education major Gabrielle Giarratano credits her involvement in the band to her numerous friends and ability to prioritize.

"It helps me manage my time better actually because it takes more time out of my day," Giarratano said. "You also make a lot of friends."

Giarratano also said that though she only joined band because her mother wanted her to get involved, she loves being in band now.



Photo by Hannah Brough

"I wouldn't rather be doing anything else," Giarratano said.

The benefits don't just stop with the students. Heffner also finds the experience rewarding as he gets to meet a varied mix of students.

"The rewarding part is being able to kind of interact with people of all majors and of all disciplines from the college," Heffner said. "I mean that's a lot of fun. I get to kind of hear what's going on in other parts of campus."

Both the hard work and the fun don't go unseen. Heffner feels that both the athletic department and the college's administration value the band's participation.

"I know that it doesn't go unnoticed," Heffner said.

The Pride of the Valley debuted this season's field show "Rhapsody" in September. It featured music from George Gershwin, Sergei Rachmaninoff and Queen as well as several student soloists. They were also heard

playing several recognizable standard tunes, chants and cadences to cheer on the Dutchmen football team.

The Pride of the Valley will perform again on Homecoming when the Dutchmen take on Widener Oct. 8 at 1 p.m.

H. BROUGH

hnb003@lvc.edu

SPORTS

Women on skates

KIRSTEN BANNAN '18
STAFF WRITER

Women's ice hockey is a brand new sport on LVC's campus, and the team is excited to leave its mark on the Mid-Atlantic Conference.

The newest Dutchman team was formed this year by Don Parsons, the head men's ice hockey coach, and the athletic department last spring.

The new women's ice hockey coach is Isabel Menard. Menard is from Canada and played collegiate hockey at Syracuse University and Boston College. She also has an extensive coaching history. Practice has already begun.



Photo by Kirsten Bannan

The team is led by junior Nikki Lloyd. Lloyd is also a member of the women's lacrosse team at LVC, and played a big part in bringing the women's ice hockey team together.

Lloyd is optimistic about the upcoming season.

"We have a good outlook," Lloyd said. "We know we aren't going to win every game. We need people on the ice who want to be there and work hard and I think we have that."

Menard is excited for the season and the opportunity to start working with the players.

"My main goal for the players is for them to buy into what I'm bringing," Menard said.

Buying into her program is Menard's biggest point and she thinks with skill development and the formation of a team dynamic, the team will have a good season.

"The support the community is giving is tremendous," Menard said.

The season starts October 28; the first home game is November 1 against Utica at 7p.m. in Hershey.

For the team's complete schedule, check out La Vie's website, www2.lvc.edu/lavie.

K. BANNAN

ktb001@lvc.edu

Coach in training

BRETT GILBERT '18
STAFF WRITER

The men's basketball team will be adding some help on the sidelines for the 2016-17 season in a unique form.

Andrew Capodanno '19 will be assisting the men's basketball team with coaching duties for the upcoming season. Capodanno will be positioned as the team manager for the second straight year, but he will see an expanded role within the coaching staff.

"Basketball season is the greatest five months of the year for me, and I can't wait to get started," Capodanno said.

The sophomore hopes to significantly expand his role within the team and program this year. In his new role, Capodanno expects to participate in the day-to-day activities of running a college basketball program.

"I would think I'm going to be behind-the-scenes of breaking down film, assisting the staff with writing scouting reports, getting them printed out, sending recruiting letters out and making phone



Photo by Brett Gilbert

calls," Capodanno said.

Capodanno said he's willing to do anything thrown his way. The opportunity came about this summer when Capodanno was in contact with Head Men's Basketball Coach Brad McAlester and Assistant Men's Basketball Coach, Will Cabrera.

"I ended up making a phone call to Coach McAlester, and he said we could probably make this work where you're

doing some of the things you did last year as a manager, but we can take it one step further and give you several coaching duties including sitting on the bench during games," Capodanno said. "You're in every film breakdown, you're at all the team meetings and every practice."

For McAlester, he hopes that Capodanno will come to understand some of the basic day-to-day operations

as a coach and the situational leadership that comes along with being a coach.

"He will learn that you have to treat every situation a little different," McAlester said. "Player personalities, player emotions and coaching decisions will all need to be treated differently."

Capodanno sees this experience as a great learning tool for a possible career in coaching down the road. He insists that he has a lot to learn about coaching considering he is only 20 years old, but he hopes to make a contribution.

"My biggest thing this year is that I need to be the best listener I have ever been," he said.

Capodanno believes he is in the perfect spot in order to fulfill his aspirations of becoming a successful basketball coach.

"There's not two better guys in Division III basketball to learn from than Coach McAlester and Coach Cabrera," Capodanno said. "I have the highest praise for them so I just hope to learn what it is like to go out on the road recruiting, how to run a prac-

tice, how to write a practice plan, what do you look for when breaking down film and just the logistics of day-to-day operations of basketball."

The idea of coaching did not just come out of nowhere for Andrew. It runs in the family. Capodanno's father, brother and grandmother have had coaching success in the high school and college ranks. He knows relationships are key and has worked hard to establish them with other coaches and players.

"It's a great group of guys and there's nothing I enjoy more than being around it during the winter time," Capodanno said. "As exhausting and tiring and frustrating as it can be sometimes, I wouldn't trade it for the world."

And why would he? With just a year of college under his belt, he's already leaving his mark on the hardwood.

B. GILBERT

beg005@lvc.edu

La Vie Collegienne

LEBANON VALLEY COLLEGE'S STUDENT NEWSPAPER

Volume 84, No. 3

An Independent Publication | Founded 1924

November 10, 2016

President-Elect Donald J. Trump Made America Red Again

"The forgotten men and women of our country will be forgotten no longer." - Donald J. Trump



Photo courtesy of @realDonaldTrump

Donald Trump was elected America's 45th president in the early hours of Wednesday morning.

His win over Hillary Clinton will end eight years of Democratic rule in the White House.

The Republicans pushed through Democrats' long-standing states, carrying Pennsylvania and Wisconsin, states that hadn't voted for a Republican presidential candidate since the 1980s. Trump claimed victories in nearly all of the battleground states including Florida, Ohio and North Carolina.

Global stock markets and U.S. stock futures plunged deeply, reflecting investor fear over a Trump presidency.

President Barack Obama is planning to meet with Trump

on Thursday.

"Ensuring a smooth transition of power is one of the top priorities the President identified at the beginning of the year and a meeting with the President-elect is the next step," the White House statement said.

Trump will take office with Congress expected to be fully under Republican rein. GOP Senate candidates defeated Democratic challengers in key states and are positioned to maintain the majority. Republicans also maintained control of the House.

That control means Trump will have authority in appointing Supreme Court justices, which could mean a major shift in the court that could last for decades.

"Donald Trump is going to be our president. We owe him an open mind and the chance to lead." - Hillary Clinton

"And one thing you realize quickly in this job is that the presidency and the vice presidency is bigger than any of us."

- President Barack Obama

U.S. Senatorial Seat (PA)

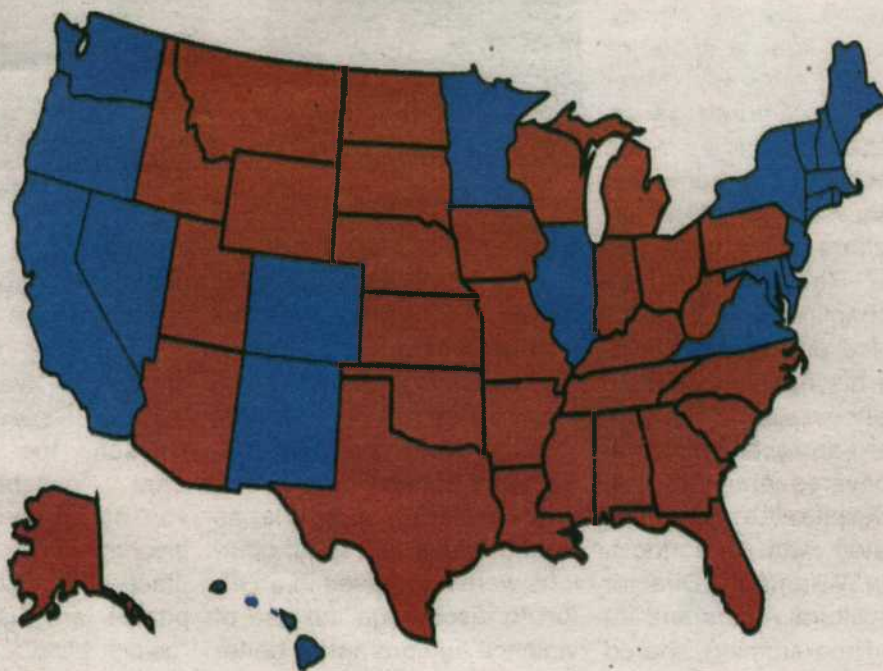


47% - Katie McGinty



49% - Pat Toomey

Electoral College Map



Award-winning author visits LVC

JACKIE CHICALESE '18
STAFF WRITER

Award-winning short-story author Nina McConigley was Lebanon Valley College's Writer-in-Residence during the week of Oct. 10 as a part of the new Visiting Writer's Series.

The series, titled "Writing: A Life," is a program supported by the President's Innovation Fund that brings writers to campus, preferably two a semester. The goal is to have at least one of those writers stay as a week-long Writer-in-Resident. McConigley was the first Writer-in-Residence as part of the new series.

McConigley kicked off her week at the Valley with a public reading of an excerpt from her collection of short stories entitled "Cowboys and East Indians," followed by a short question-and-answer session on Monday, Oct. 10. The rest of her week was spent holding three fiction-writing workshops, one of which was affiliated with LVC's writers group, as well as one-on-one conferences with students regarding their personal fiction pieces.

Rachel Seifrit, a junior En-



Photo by Jackie Chicaese

glish major with a concentration in literature, attended McConigley's reading, workshops and personal conference. She said that the experience allowed her to get feedback on her work, as well as helped encourage confidence in her writing.

"I have always second-guessed [my writing], and now I feel like I know what I am doing," Seifrit said.

Dr. Holly Wendt, a professor of English at LVC and director of "Writing: A Life,"

chose McConigley for her teaching ability as well as her interest in culture and identity that speaks to all writers.

"The presence of the community of writers is never to be taken for granted," Wendt said. "All students attended Nina's events for no other reason than interest and excitement, and I think that's marvelous."

Wendt hopes McConigley's visit inspires students to take away a sense of curiosity and encouragement to write about

things that interest them.

McConigley remarked that she was inspired by the talent of the good, young writers on campus.

"To sit and talk with smart people about books and writing is always inspiring, and it influences my writing," she said.

At the end of her visit, McConigley offered a final piece of advice for the writers.

"People love to think about being a writer and don't think about the work," McConigley said. "Being a writer and writing are two different things. Reading, to me, makes you a better writer.

Also, do the work; it's easy to talk about writing, but just closing out the world and putting your butt in the chair is sometimes what it takes—I need to remember that, too."

For more information on the "Writing: A Life" series, see Dr. Wendt in Humanities 207D.

Letters to the Editor

La Vie Collegienne requires all Letters to the Editor to contain the author's name, telephone number, and email address. No initials or pen names will be accepted. La Vie does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of La Vie Collegienne. La Vie reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of La Vie or Lebanon Valley College.

Submissions may be emailed to lavie@lvc.edu.

La Vie Collegienne

101 N. College Ave. Annville, PA 17003
Established 1924

Winner of
Pennsylvania Newspaper
Association Keystone Press
Awards in 2012 and 2015

CO-EDITOR
Lyndsay Riedel '17

CO-EDITOR
Veronica Pettyjohn '18

ADVISOR
Jaime Fettrow-Alderfer

J. CHICALESE jmc012@lvc.edu

Vigil against violence: breaking the silence

MORGAN WEBB '17
STAFF WRITER

In a country that is currently experiencing various acts of violence and disrespect, students and faculty of Lebanon Valley College recently came together in order to address these issues and inspire the community.

The Vigil Against Violence was hosted Oct. 4 in Miller Chapel and featured an array of speakers and opinions.

"In recent months, our nation has witnessed more than our usual share of violence and conflict," Rev. Dr. Paul Fullmer, chaplain and director of service and volunteerism, said in his opening speech.

He encouraged students to keep an open dialogue and converse about the issues despite the difficulties associated with the topic.

Renata Williams, the Director of Intercultural Affairs and Inclusive Programming, shared



Photo by Morgan Webb

a personal reflection with the audience. Williams said her father is a retired police officer who never once had to discharge his weapon in more than 30 years of service.

She also referenced her children and how the historic story of Emmitt Till haunts her as a mother. Her personal opinions were expressed in an effort to discourage the use of violence and promote a better

understanding between individuals within our community.

In addition, a short clip entitled, "Color Blind or Color Brave?" was played and featured speaker Mellody Hobson, the President of Ariel Investments. Hobson addressed the issue of discrimination in the workplace and said many companies are using the term "color blind" in order to

achieve racial acceptance.

"We need to learn to be comfortable with the uncomfortable conversation about race," Hobson said.

She concluded her speech by encouraging the audience to be color brave instead of color blind and to embrace diversity instead of ignoring it.

To follow up on the topic of being color brave, Terrence Alladin, a teaching fellow in criminal justice, said that he has two rules when addressing controversial issues within the classroom.

"The first one is respect your colleagues," Alladin said. "The second one is while you are entitled to your own opinions, you are not entitled to your own facts."

Laura Schmidt, a senior physical therapy major and president of student government, addressed the violence issue from a position of leadership (see speech online).

"The purpose of the Vigil Against Violence was to acknowledge that there are social injustices throughout our country," Schmidt said. "As a college we want to be proactive and encourage students to have open dialogue about these social issues."

Nina Mentzer, a junior biochemistry major, attended the vigil and said she took away many ideas from the meeting.

"I think it went really well," Mentzer said. "I enjoyed listening to the different perspectives from both students and faculty. It showed how we are all in this together."

The Vigil Against Violence was just the beginning of the many efforts that LVC will be making in order to promote acceptance and respect for all individuals within the College.

M. WEBB

mwn002@lvc.edu

Caffeine connections

GRACE BAILEY '17
STAFF WRITER

This fall the Lebanon Valley College Office of Alumni and Parent Engagement is connecting with alumni on a steaming cup of coffee at a time.

Starting on Sept. 22, the office kicked off its "Alumni Coffee Commutes" as a way to connect alumni in the immediate central Pennsylvania area. By the end of the fall semester, the office plans to have held four Commutes in the Reading, Harrisburg, Lancaster and Camp Hill areas.

The Commutes offer an informal environment where alumni can drop in, grab a coffee and socialize with some familiar faces or meet other alumni living near them. The Office of Alumni and Parent Engagement started the event about three years ago as a way of meeting and connecting with alumni.

"We try to include faculty and staff that live close by as well," Sue Jones, Director of Alumni and Parent Engagement, said. "A lot of times

alums want to connect with their old professors, coaches and other staff people."

The last Coffee Commute was located in Harrisburg with a strong turnout. Alumni came and mingled, and some folks even stayed the entire two hours. The Office's goal is to not only connect people with the College but also with each other and other faculty and staff.

Jones mentioned that a retired sacred music professor came to the event and reconnected with alumni.

This special type of connection is exactly why the office continues hosting these local café gatherings.

"The Coffee Commutes just seemed like a nice way to meet alumni where they are," Jones said. "We have a lot of alums in our backyard."

For Jones, the events are also a great opportunity for her to witness her own work at LVC. Jones just transitioned into the Office of Alumni and Parent Engagement this summer, but be-



Photo by Grace Bailey

fore that she worked to recruit students for LVC. For her the Coffee Commutes have connected her with students she brought to LVC.

"It's fun and it's really about engaging people," Jones said. "I've recruited twenty plus years of alums, and now I get to reconnect with them."

While the Commutes are for alumni, the truth is there are many seniors this year who are quickly approaching that stage in their LVC career. Jones hopes that

seniors will consider participating in the Coffee Commutes and other various programs upon their graduation.

"When you leave here with your diploma, this is still your alma mater," Jones said. "This is still a resource for fun and for networking."

Alumni are also enjoying the connection these Commutes offer them after their experience at LVC. Graduate Kevin Molina '15 is attending all the events this semester because he appreciates the support

he is still able to find within his 'family' at the College.

"It is definitely beneficial to have more than one supporting family," Molina said. "However, it is really up to us to maintain and strengthen those bonds. These events are great venues to do just that, and I hope others will truly consider joining us."

For more information about the "Alumni Coffee Commutes" and other events, visit the Office's web page at <https://www.lvc.edu/alumni/events.aspx> or follow them on Twitter and Facebook.

G. BAILEY

gmb003@lvc.edu

LVC celebrates National Physical Therapy Month

JULIA BREWER '19
STAFF WRITER

The celebration of National Physical Therapy Month in October hits close to home for the hundreds of physical therapy majors at Lebanon Valley College.

The American Physical Therapy Association (APTA) established National Physical Therapy Month in 1992 as a way for physical therapists to be recognized and celebrated for their work. This year, APTA is promoting the campaign #ChoosePT to encourage people to choose treatment through physical therapy rather than the use of opioids or other potentially addictive drugs.

National Physical Therapy Month can unite the campus in a unique way. Hundreds of members of LVC's community #ChoosePT for a variety of reasons. For some students it may be a career goal while for others, physical therapy offers a better quality of life.

"Physical therapists strive for strong connections with

their patients and endorse a healthy lifestyle for not only their patients, but the public as a whole," Garrett Collins, President of LVC's Physical Therapy Club, said. "It's important to celebrate how far this profession has come and also how focused they are on their service to the public."

LVC offers an excellent six-year Doctorate of Physical Therapy program, and as a result, the College is home to hundreds of aspiring physical therapists. The recognition of National Physical Therapy Month allows for reflection and inspiration for these students. In one class for PT majors students learned about the history and progress of physical therapy as a profession in honor of Physical Therapy Month.

"It was so cool to learn about how far we have come as a profession to help optimize movement for all people and, in turn, improve the human experience," said Laura Schmidt, a fourth-year physical therapy student. "I think

it is important to recognize National Physical Therapy Month to help spread awareness that PT's are very qualified health care providers and to acknowledge all that they have done to get to this point."

LVC offers a variety of ways for students to get involved with the profession. Physical therapy majors can join PT club and participate in several events each semester ranging from community service to educational activities. This month, PT club is bringing recognition to the profession by encouraging students to thank any PTs they have seen in the past as well as educating the community about the occupation through open dialogues with PT students.

J. BREWER

jcb007@lvc.edu

LVEP's impact

SHILESKY MONTALVO '19
STAFF WRITER

The Lebanon Valley Educational Partnership program was established in 1989 by President John A. Synodinos.

This program involves middle and high school students from Lebanon School District as well as Lebanon Valley College students. LVC students serve as mentors for the younger generation in order to encourage them to go to college, get good grades and give them a feeling of what college is all about.

"The LVEP program was so helpful," Ivonne Mbugua, a sophomore biology major, said. "I wasn't stressed out preparing for college because I was helped along the way."

Another LVC student said the program helped her out tremendously before arriving at the Valley.

"I obtained more social skills," Ayla Esbri, a freshman early childhood education major, said. "I met new people, and I was able to get a sense of what the college life was like."

Rev. Dr. Paul Fullmer, chaplain and director of service and volunteerism, is in charge of the LVEP program which meets once a month from September until April.

"LVEP preselects exceptional students academically and with financial needs," Chaplain Fullmer said. "A select number of students receive a full tuition scholarship to come to LVC."

The LVEP program is always looking to improve. Paula Wilson, an adjunct instructor in the education department, joined the LVEP program to help the program grow.

If anyone is interested in becoming an LVEP mentor, he or she can fill out a form. Forms can be found on La Vie's website, www2.lvc.edu/lavie. Program leaders say participation is good for one's résumé, and it's a meaningful way to interact with the younger generation.

S. MONTALVO

slm010@lvc.edu

Pair of professors perform

KAYLA CAPONE '17
STAFF WRITER

Performing for two hours straight is no easy feat.

Dr. Rebecca Lister, Associate Professor of Music and Dr. Eric Fung, Associate Professor of Music, know this first-hand. The pair performed a recital of 30 songs composed by Professor Emeritus of Music Dr. Scott Eggert in late September.

Eggert retired from LVC in 2013. He has spent much of his spare time since then composing new music. "Peacock Pie" is a song cycle set from the book of poems, "Peacock Pie" written by Walter de la Mare. Eggert began his composition when he was getting his doctorate in 1982 but did not finish until recently.

"This is exceptional because there was this long, long break," Eggert said. "I got to eight [songs] before the semester ended and also before the summer that we needed to move here for my new job at LVC. I stopped then at that point. And then, I can't exactly say why, but I didn't go back to it."

As a new professor at LVC, the demands were



Photo by Dr. Rebecca Lister

intense. Eggert had limited time for his own writing. He did not write the final 21 songs until a few years into his recent retirement.

"I did write a big piece of music every summer for the 30 years I taught here," Eggert said. "I don't think I ever missed one. Not even one year. I only wrote during the summers, in other words, about three months of writing time and maybe I always did have it in my mind that 'Peacock Pie' would take longer and be bigger than that."

And it was big. The recital was two hours long and the pieces were each

unique, intricate, challenging and beautiful. Lister memorized the entire work.

"I spent a lot of time over the summer practicing them," Lister said. "I would say probably an hour a day. That was something I have never done in my career. I have never sung for two straight hours of anything. That was a huge milestone for me because I've never done anything like that. Not just vocally, but focus-wise. That's a long time to stay focused on just one thing."

Fung faced his own challenges with the piece.

"We received the music in

March or April," Fung said. "During the semester it was difficult for me to learn this new set of pieces. I waited until summer, and it so happened that I had a last minute invitation from Spain to play a recital in July, so I was panicking because I knew I had this set of music to learn, and I had to pick out a recital program. The day after I played my recital in Spain I went to a pianist's house and just hid there and practiced all day and got to really look at the pieces."

Eggert could not have been more pleased with the performance of his work.

"It seemed to me that it just came together," Eggert said. "Rebecca was just at her best. She was both singing beautifully and so persuasively communicating the text that I felt an intensity of people around me. People seemed really focused on what was going on. It was so vibrantly coming to life. A very rich thing, really, to hear performers of that caliber play your music and bring it to life that way. It's just great."

The performance of the pieces was moving and evoked emotion in the at-

tendees, including former LVC President Stephen MacDonald and former music department chair Dr. Mark Mecham. It resulted in a long standing ovation from all audience members.

Lister noted the difficulty of the music and accomplishing something she didn't think she could do.

"When I do music like this, this, I know, is hard, and I, in my entire career, I've never been interested in doing what's easy," Lister said. "But music that is hard and that is intricate like this, but that's still beautiful and lyrical, I want to do it because it's beautiful and hard. And that's what Scott's music is. It is incredibly complex but it is still lovely and full of beautiful harmonies, just lovely word painting in the accompaniment. I can feel proud of that. Together, we did that."

And it was an accomplished feat with a lovely result.

K. CAPONE

kec003@lvc.edu

Musical love

MISSY WALMER '19
STAFF WRITER

A professor's experiences create a great love for music that he wants to share.

Lebanon Valley College Professor Robert Nowak has had musical experiences with actress Susan Anton, actor and singer from "The Godfather" Al Martino, a polka band and many others. Nowak has performed for Martino alongside his conductor and piano player in Downingtown.

"What got me noticed was [Martino's] conductor loved the way my triangle sounded," Robert Nowak, an instructor of music, said.

Nowak has worked with many Italian singers and has played multiple shows, but he stays very humble.

"I never asked for autographs," Nowak said. "I never got any pictures. That's the

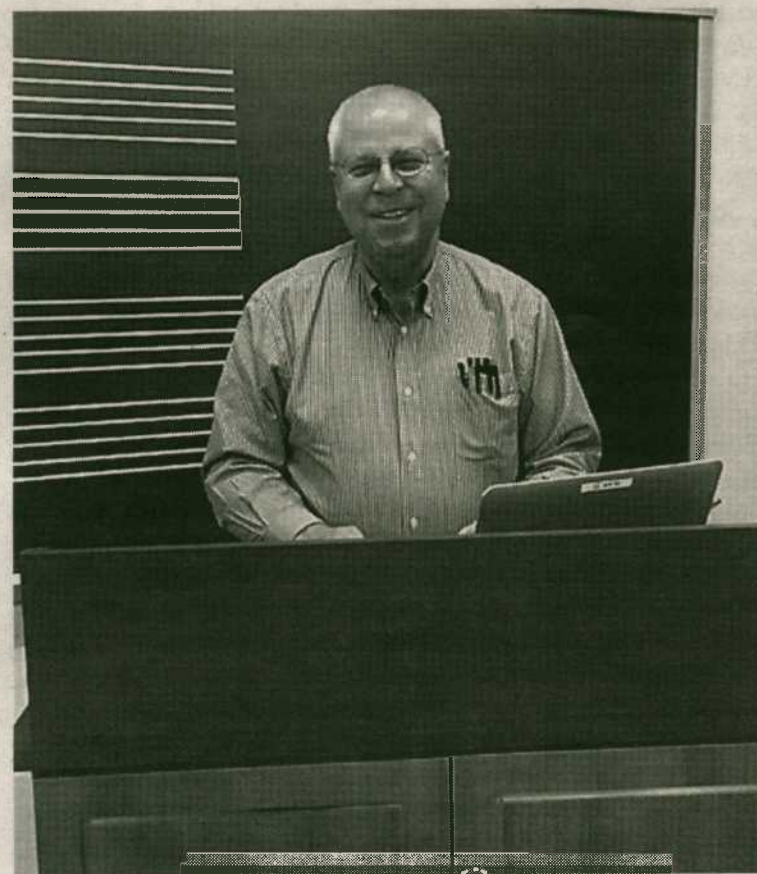


Photo by Missy Walmer

job. People that are entertainers aren't stars. They're just normal people who have a lot of stories to share."

Professor Nowak was first fascinated by drums, percussion and marching band, which sparked his love for music in high school.

"Music takes you all over and sort of permeates your life and it's basically just me," Nowak said.

Nowak instructs an introductory level music class. His main goal is to get students to go out and listen to an orchestra concert or just to experience more than what the popular music of the day is.

"I'm very happy if we can just get everybody out to things and experience something new rather than be locked into what the radio stations play," Nowak said.

Nowak describes his in-

terest in the television show "Dancing with the Stars" because of their early use of a live orchestra. His goal is to get students to go out and experience these dwindling occurrences.

"The trick is to find something to do, something you like, and then continue to do it," Nowak said.

Nowak strives to preserve the authenticity of live music and the love for music. But overall, it's about finding something to love and promoting it.

M. WALMER

mmw008@lvc.edu

Commuting vs. residing on campus

SAM SPURLOCK '18
STAFF WRITER

When people think about college, one of the aspects that stands out the most is the concept of moving away from home and living in a dorm, but that doesn't occur for everyone.

Some students end up commuting to and from school, whether it be for financial reasons, convenience or personal preference. Like most parts of life, commuting has its pros and cons.

Living in a dorm also has its good and bad points. While coming to a new place can be scary, the open setting of a dorm allows resident students to easily meet new people.

Having a roommate also increases the chances of

making a new friend, or at least having someone to turn to when needed. Commuter students don't typically get this opportunity and come into the first day not knowing as many people.

On the other hand, students tend to have some issues with their roommate over the course of the year. Most commuters don't have a roommate and, therefore, don't have to worry about sharing their space or getting along with another student. Chances are they also have a bigger room at home than most of the typical dorm rooms.

One of the biggest disadvantages is the commute itself. Whether 10 minutes or an hour away, traffic is bound to be an issue as well as the weather.

"In the winter, commuting students have to drive to campus through adverse weather while the students on campus just have to walk to their class from their dorm room which is less than five minutes away," Paul Markovits, senior digital communications major, said. "This creates a lot of issues because while the weather may be safe enough to walk in, it may be difficult to drive in and since the students leave early, they may miss a notification for a cancelled class."

After classes are over, some commuting students stay on campus to study or spend time with friends, but a lot of commuting students go home instead of staying on campus. The problem is, most practices and meet-

ings are held in the evenings or late at night, causing students to either have to drive back to campus or sit around, sometimes for hours.

Conversely, most will agree that the best part of commuting is definitely the money that is saved. Room and Board at LVC costs \$10,980 per year and will add up to close to \$44,000 by the end of four years. Commuters don't have to pay a cent of that cost. The majority of commuters also don't have to pay for a large meal plan because they aren't on campus for meals or can bring food from home.

"Commuting can be a pain sometimes, but I know that commuting was the best choice for me because my freshman year I was defi-

nately not ready to live on my own, and the money that I'm saving is definitely worth the commute," Laura Brent, junior digital communications major, said.

While commuting is different from the traditional path, it doesn't mean that the total experience has to be different. There are just as many pros and cons for residential living as well. College is all about what an individual makes it, and it's up to each person to take advantage of the opportunities and overcome the disadvantages.

S.SPURLOCK

sls015@lvc.edu

Managing time and money

ERIKA GREGORY '19
STAFF WRITER

Paying for college is a daunting task for some students.

Many students work while attending college to try to pay for their education. It's not an easy task. Lebanon Valley College offers several job opportunities for students while they go to school. But students must learn how to manage their time and handle a rigorous schedule.

Macie Schantz, a sophomore early childhood education and special education dual major, works on campus in the public safety building and as a study pod leader for Concepts of Math.

"Working on campus is helpful because everyone is really understanding about my busy schedule," Schantz said. "I use an agenda that I write in every day; it includes my homework, work schedule, extra-curricular activities, and meetings. This allows me to make a to-do list and complete homework and activities in a timely and organized manner."

Some students seek employment off campus in the surrounding communities. Catherine Lacovara, a sophomore biology major, works at Little Paws Dog Shop in Palmyra. Lacovara's work



Photo by Erika Gregory

shifts tend to be four hours long plus driving time. This job has helped her learn how to manage her time effectively.

"The main thing working during school has taught me is to get a lot better at time management and how to value time that I have to do assignments," Lacovara said. "It has also given me more responsibility in deciding when I should be studying or socializing."

Working students must pay even more attention to their time when involved in other activities on campus. Lacovara and Schantz are both involved in other

groups and clubs on campus such as Big Brother Big Sister, education clubs, ValleyFest, Colleges Against Cancer and Mini-THON.

Both Lacovara and Schantz encourage those who pursue a job on or off campus to still take time for themselves, whether that be going for a cup of coffee or watching Netflix. Personal time is an important part of enjoying college and not letting the work load become too stressful.

E.GREGORY

eg007@lvc.edu

Dutchmen get involved

KIRSTEN BANNAN '18
STAFF WRITER

Volunteering is a great way to get involved with the community and with one's peers.

If one is looking to get involved in community service on and off campus, LVC offers many opportunities for students and faculty. LVC is surrounded by different cities that can be a hub for community service trips.

Community service can have multiple benefits. Rev. Dr. Paul Fullmer, chaplain and director of service and volunteerism at LVC, talks about the benefits volunteering can have on one's future.

"It is a great experience that can prepare you for identifying for a career, and it is a great experience involving joy in the work you do," Chaplain Fullmer said.

For example, one organization is the American Foundation for Children with AIDS (AFCA). The Lebanon-based organization is a multinational organization that has a special interest in volunteers from LVC to help with their cause.

AFCA gathers medical supplies from all over the country, organizes packages and then sends supplies to hospitals in need in Africa.

"Whenever you go there, your time there is being

well used, and the mission is meaningful," Samuel Kolins, assistant professor of mathematical sciences, said.

Kolins regularly volunteers the first Saturday of the month at AFCA.

"It is interesting to talk to some of the staff who have gone to Africa and have seen the results that the work actually produced," said Kolins.

Kolins is an advocate for getting involved around campus.

"I think there are a lot of good opportunities that the college has to help students find something that works and is meaningful."

There are plenty of events and organizations in the area that students can get involved in. Listings for upcoming events are on Redbook and the LVC community service Facebook page.

Chaplain Fullmer encourages students to volunteer and to stop by his office in the lobby of the Miller Chapel to discuss volunteer opportunities.

K.BANNAN

ktb001@lvc.edu

JT Fredlund '10 expands horizons in London

LAURA BRENT '18
STAFF WRITER

Lebanon Valley College's digital communications graduates can take a variety of different career paths.

For JT Fredlund '10, his career has taken him overseas combining his love for digital media and travel.

Fredlund is currently employed as a Digital Media Design Developer for SAP, a German-based multinational software company focusing on enterprise software.

"I never envisioned myself working at a place like this," Fredlund said. "I've held several roles in my six years at SAP, but my current role as a Digital Media Design Developer is really exciting and challenging. I work on a new start-up division of SAP, so we operate with our own agenda and don't have as much of the traditional corporate structure placed around us."

Fredlund has a wide range of responsibilities as a Digital Media Design Developer. He films and animates videos, writes and designs marketing materials for the web

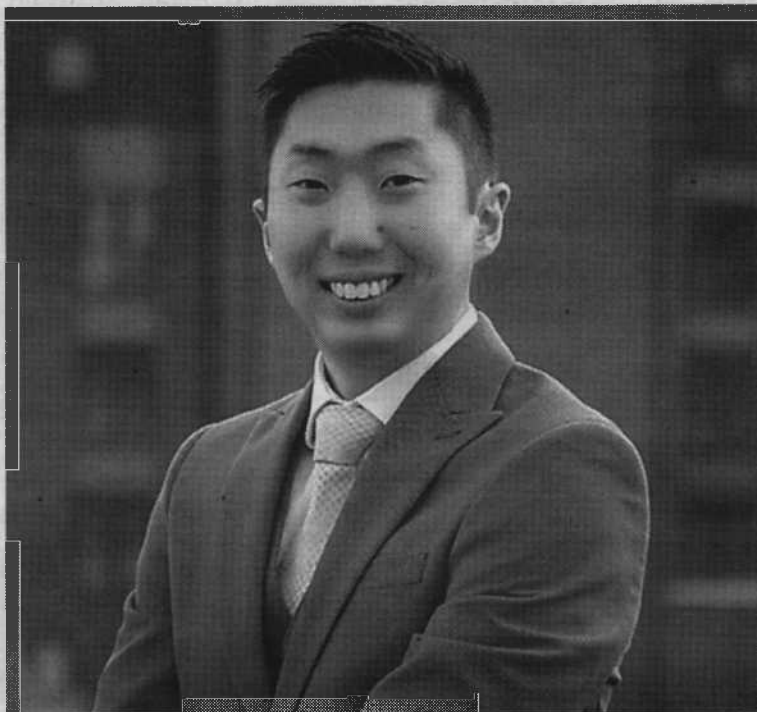


Photo by JT Fredlund

and print, shoots live event photography, consults with SAP's development team and creates web design enhancements for the customer portal.

"There's always a new opportunity to get involved in, and I love the fast-paced nature of my role," Fredlund said. "I'm certain that going through the digital communications program was essential in my suc-

cess at SAP. I don't think any other major could have prepared me in the same way."

Fredlund had three other roles at SAP before he was promoted to Digital Media Design Developer. He worked as Multimedia Designer, Sales & Performance Consultant, and Video & Design Consultant at the Philadelphia headquarters before

he moved to work at the London headquarters in 2013.

"JT Fredlund was a student from the region whose life was transformed by study abroad," Joel Kline, digital communications professor, said. "He was a different person when he returned from London. His positive experiences from his time abroad ultimately led to him seeking a transfer from Philadelphia to London. If JT had not studied in London, he might not have thought about working for SAP in Europe."

Sparked by his study abroad experience, Fredlund's favorite part of his position at SAP is his opportunity to travel. In his 6 years at SAP, he has traveled to cities such as San Francisco, Las Vegas, New Orleans and Toronto as well as internationally to England, Germany and France. He is also looking forward to traveling to China in the near future.

"While most of the work was similar to my current role, there's always new opportunities to make your mark, which I believe is very important in such a large organization," Fredlund said. "I wear many hats and have learned a lot

of new skills along the way."

Fredlund encourages digital communications students to take full advantage of the resources that the program has to offer and never to turn down new opportunities.

"The digital communications program was absolutely instrumental in my preparation for my postgraduate work life," Fredlund said. "If I looked back to 2010 when I graduated, I couldn't have predicted how the real working environment connects so well to the DigiCOM curriculum. I must admit, at times I questioned the relevance of certain topics back in An-nville, but I can't count how many times I've smiled to myself as I recalled all the seemingly irrelevant lessons which now were so paramount to my success in my career."

Fredlund continues to be involved with the digital communications program at the Valley and is thankful for all of the experiences while completing his undergraduate degree.

L. BRENT

ljb003@lvc.edu

Find fun fall and winter activities

SAMMI HUMMER '17
STAFF WRITER

The weather is changing and so are the activities available in Central Pennsylvania.

Depending on one's interest, one has an abundance of activities to do this fall. There are corn mazes, hayrides, Hersheypark events and even scary adventures, all available for entertainment during this chilling season.

If the outdoors is an interest, hiking might be an option. Carolyne Bethel, a junior music/business major, says that if she isn't inside her dorm room watching Netflix, she's outside hiking with friends.

"Quittie Park is a really beautiful place to go," Bethel said. "It's really close to LVC and if you want some fresh air or exercise while getting a break from school work, I would highly recommend going."

Hiking is not the only outdoor

activity found in PA. Hayrides and festivals are very popular around this area. Julia Gober, a junior business administration major, believes that hayrides are the best part of fall.

"I've gone to Sycamore Spring Orchard in Jonestown for the past two years, and I plan on going again this year," Gober said. "The corn maze is especially fun. It's only \$6 per person and if you reach all the marks during the maze, you can get a free soda or ice cream cone, which is just an added bonus."

Some surrounding amusement parks offer a fall/winter experience.

Of course, there are options for those who enjoy scary activities as well. Field Of Screams, located in Lancaster, has been named "America's #1 haunted attraction" with four different attractions. Field Of Screams is open this season until Nov. 11. On



Photo by Julia Gober

Nov. 12 there will be a 5K Zombie Fun Run to close out the season. All proceeds from this run will benefit the PA Breast Cancer Coalition.

Hersheypark offers Christmas Candyland which begins on Nov. 11. Dates and times vary for Candyland, but the price stays the same

at \$19 per person. Five of Hersheypark's rollercoasters are open, including the newest Laff Trakk, which will be decked out in holiday decorations. There are also holiday-themed shows throughout the park and many Christmas lights to see.

If one wants to see Christmas lights, Sweet Lights, located in Hershey is the perfect option. It is two miles of 600 light animations through a wooden trail that one can enjoy from the comfort of a car. Sweet Lights is open every night from Nov. 11 through Jan. 1. The price depends on the car size.

More information on each of these attractions is located on our website, www2.lvc.edu/lavie.

S. HUMMER

snh003@lvc.edu

Spiritual impact on campus

RACHEL ANDERSON '17
STAFF WRITER

The Fellowship of Christian Athletes (FCA) at Lebanon Valley College exists to build spirituality in the men and women who wear blue and white.

The (FCA) focuses on serving local communities by equipping, empowering and encouraging people to make a difference for Christ. Anyone, regardless of his or her faith, is welcome to join the group.

Taylor Reinhold, a senior early childhood and special education major, is a member of the LVC women's soccer team and the leader of the College's FCA.

"We don't stress specific religions on people," Reinhold said. "We keep it open."

One event the group participates in is Operation Christmas Child. Each October, the FCA joins with Charlie Grimes, the men's soccer head coach, to pack shoeboxes filled with small gifts and



Photo by Rachel Anderson

supplies for children in need. "We want to be more than just a Christ role model on the field," Reinhold said. "We want to be that role model everywhere." Josh Herring, a freshman

business administration major and a member of the LVC baseball team, first heard about the group after attending a church service during orientation weekend. "I wanted to get into a com-

munity that had other college athletes looking for fellowship to talk about God's word and to share my faith," Herring said. The purpose of FCA is to positively impact student-athletes so that they can, in turn, pos-

itively influence their teams, the campus, the community and the world for Christ.

"It's an uplifting place," Reinhold said. "It's about being a good person at the end of the day. Being a good person and being there for one another."

Within the past year, the College's group has doubled in size and is looking to continue its expansion.

"FCA is a great opportunity to express your faith to other people," Herring said. "It's a place to grow close with others on campus who share the same beliefs as you."

All students are welcome to join the College's FCA, which meets every Sunday at 7:30 p.m. in the Allan W. Mund College Center Living Room.

R. ANDERSON

ma001@lvc.edu

Keeping the highways clean

BRETT GILBERT '18
STAFF WRITER

Lebanon Valley College student-athletes and coaches participated in their first community service cleanup for Adopt a Highway in early October.

The athletic department adopted close to four miles of Route 934 adjacent to campus. Men's basketball coach Brad McAlester led the athletic department in planning the project.

"I thought it would be a good idea to get the whole athletics department together and do a volunteer or community service project with everybody working together," McAlester said.

"The experience was great," Anderson Orr, a junior basketball player, said. "It was great to see so many teams willing to help."

Pennsylvania Department of Transportation (PennDOT) provided all the necessary equipment for the cleanup process including safety



Photo by Brett Gilbert

vests, gloves, garbage bags and signs. More than 100 student-athletes participated in the first cleanup, which took place on Oct. 2. The athletes worked in teams to pick-up trash along the four-mile stretch of the highway. "I think it's good to work within your local community," McAlester said. "There was a lot of garbage on the north end of

Route 934. It worked out well."

The athletic department plans to participate in its second cleanup event in the spring so that more student-athletes can join in. McAlester and Orr stressed the significance of helping out the community.

"Our community is very supportive of our athletic programs, so it's important that we give back to them and

show support to the community as well," Orr said.

Coaches and players enjoyed the opportunity to do good deeds while interacting with teammates and other student-athletes.

"I enjoyed this because I got a chance to work with some of the other athletes who I don't normally get a chance to deal with," McAlester said.

The athletic department plans to continue the Adopt a Highway project for years to come in addition to the various other community service projects. LVC student-athletes continue to make an impact in the classroom, in athletics and in the community.

B. GILBERT

beg005@lvc.edu

SPORTS

Reasons for optimism

TRAVIS HALL '19
STAFF WRITER

Hersheypark Arena was once again filled with the sounds of sticks clapping, pucks rattling and skates cutting this past weekend as Lebanon Valley College Men's Ice Hockey hosted its first NCAA action in six years.

The Eastern College Athletic Conference play was as exciting as advertised as the Dutchmen engaged in two back and forth battles with division foes Hobart and Elmira on Friday and Saturday.

Hobart entered Hershey as the 5th ranked team in the country at the Division III level, which is what likely led to a timid start for the Dutchmen. The visiting Statesmen of Hobart jumped out to an early 2-0 lead in the first three minutes of action and would add another two goals in the final three minutes to increase the



Photo by Judy Snyder Rabedeau

lead to four. That would prove to be too much to overcome as the Statesmen finished with a 6-2 victory despite the Dutchmen's efforts in the second and third period. Saturday's game began with an even sloppier performance

as the Elmira Lakers popped five goals before sixteen minutes had expired. Luckily, two LVC goals before the end of the opening period lit a fire beneath the Dutchmen, beginning a see-saw game. Twice the visiting Lakers saw

a five-goal lead evaporate into a mere two, but the clock acted as the Dutchmen's biggest foe; time ran out before they completed their comeback. Slow starts proved to be the Dutchmen's downfall; however, there are still many posi-

tives to be taken away from the weekend. The Dutchmen were able to keep pace with two highly touted teams in what was only their first weekend back at the NCAA level. Also, the potent offense that propelled them last year seems to have wasted no time making its return.

There is some disappointment among the players but also a glimmering sense of optimism. The word around the locker room is that if they can eliminate stumbling out of the gate, the Dutchmen will have success even against the best teams.

Their next test will come Saturday when the Dutchmen (0-3-1) travel to Utica to take on the Pioneers (4-0-0) at 1 p.m.

T. HALL

thh002@lvc.edu

Back on LVC's gridiron

TIM SCHUMACHER '18
STAFF WRITER

Nick Tucker spent his freshman year at Lebanon Valley College, and after over a year away he's decided to come back.

Tucker grew up in Frederick County, Maryland, and graduated from Walkersville High in 2013. He decided to come to LVC because of the welcoming atmosphere, proximity to his home as well as an opening to continue his athletic career. "It was the icing on the cake," Tucker said.

During his freshman year at the Valley, Tucker started hanging out with the wrong crowd. That led to his grades slipping, and created a domino effect of Nick's being displeased with his work and himself. At the end of his freshman year, Nick knew he had to make a change. He decided to trans-

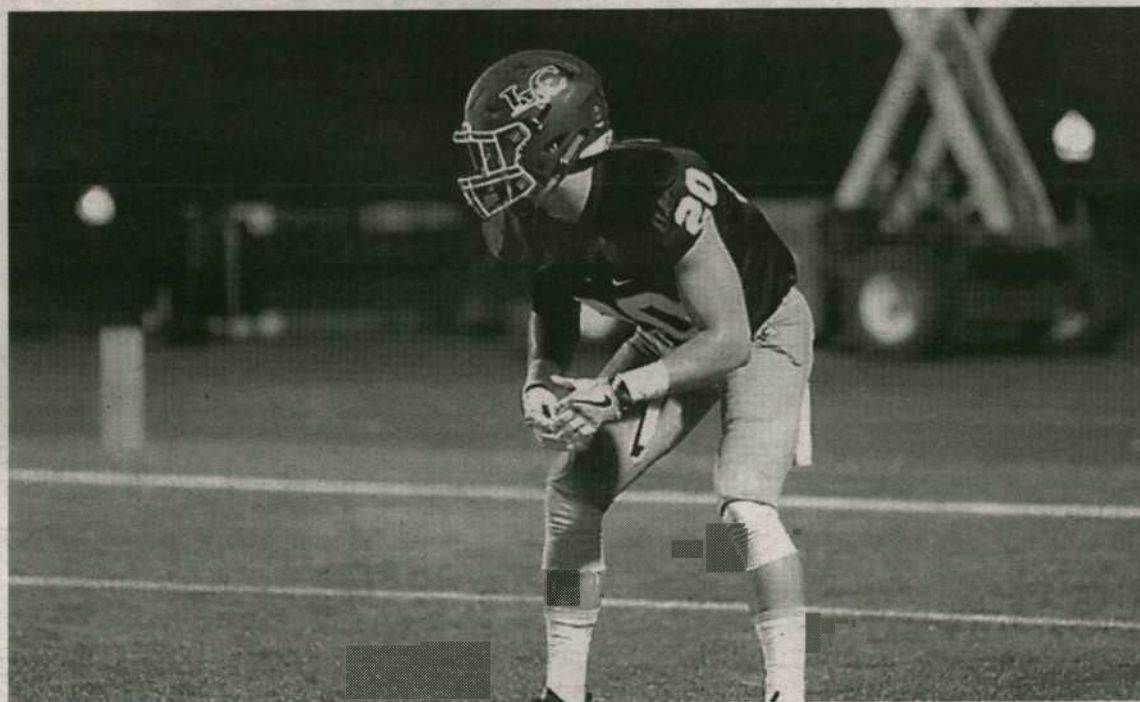


Photo by Cassi Barrett

fer to a local community college for a year. "I focused more on my school work and reflected on a few bad decisions," Tucker said. Tucker is close with his mother, Martha Tucker, who

also influenced his decision. "We did what was best for him at that time," she said. Throughout his year away from LVC, Nick would occasionally come back to visit some old friends. During that

time Nick discovered a newfound love for the community and people at LVC and began to plan his comeback. In the spring semester of 2016, Tucker redeemed himself by reenrolling at Leba-

non Valley College and earning his best grades to date.

"I am proud of Nick's hard work ethic and dedication to achieve his goals," his mother said.

Tucker is currently a cornerback on the football team and will also play for the baseball team in the spring of 2017 at the College.

He is ecstatic about his choice to come back to the Valley and enjoys the tight-knit community atmosphere and the opportunity to learn from experienced professors.

"Playing two sports at the next level is like a dream come true," Tucker said.

Tucker's football return ended abruptly after tearing his ACL in practice.

T. SCHUMACHER

tbs001@lvc.edu

La Vie Collegienne

Volume 84, No. 4

An Independent Publication | Founded 1924

November 19, 2016



Photo courtesy of: The Office of Marketing & Communications

VALE 101

REBEKKA CARPENTER '17
STAFF WRITER

Students do not have to wait until after graduation to gain real world experience in the music industry.

VALE Music Group LLC is a student-run business at Lebanon Valley College. The group has been around for the past 12 years, originating with a conference in the fall semester. VALE is broken into three different categories: live, publishing and records.

The three groups come together and put on the annual conference. In addition to VALE Music Group students, the students who participate in the digital communications major and Audio Engineering Society are subcontracted to participate in the events.

"What we are doing is for the students," Victoria Cecchi '17, president of VALE Music Group, said. "We provide an opportunity for students to meet and learn from professionals."

Students who participate in

the VALE Music Group meet once a week to discuss and plan their upcoming events. Students who participate receive one credit for interdisciplinary studies. Any LVC student with a passion for the music industry can join.

"They do more work in this class than they would in three classes because of all the work outside the classroom," Jeffrey Snyder, Professor and Interim Department Co-Chair of Music and Director of Music Business, said.

The class is difficult but students are left with a sense of success.

Each semester students plan the events that will take place throughout the year. The class is responsible for providing the funding for these events; they sell merchandise such as t-shirts, water bottles and CDs.

Students begin planning the VALE conference in the fall; they plan everything from the topics, to guest speakers, even the food. It's a great networking opportunity, and

in the past students have landed internships which for some led to employment.

The next large event is signing an artist to VALE records. In January, artists and bands can create a YouTube video and submit the link to VALE. After careful consideration, a band or artist is picked and signed to a record deal with VALE records. The debut of the signed artists or band happens during ValleyFest.

"The unforeseen challenges make it frustrating, but we are still able to get an EP signed in the spring and put on the conference in the fall and in my eyes, it is successful at the end of the day and makes the hard work worth it," Cecchi said.

VALE Music Group LLC hopes to continue to grow and give students a real life work experience while in college.

President Thayne's welcome

Welcome to all participants in the 12th Annual VALE Media Industry Conference at Lebanon Valley College. A very special welcome to our returning alumni. There is nothing more affirming than to see the success of our graduates.

This is the second year in which VALE has launched the conference in the new format that reflects the interconnections between music and media. Our student-led conference is the region's premiere gathering for the dynamic field of multi-media.

The conference brings together LVC students with industry professionals and with students from other programs in the region. The College aspires to prepare graduates who will have an immediate impact in their field of endeavor. The VALE Media Industry Conference is an example of this principle at its best. For 12 years, the Conference has leveraged

the collaborative relationships among students, faculty, alumni, and members of the music and media industries to create an opportunity for networking and learning.

Congratulations and thank you to the student organizers and to the alumni, faculty, and staff who have shaped this year's offerings. I look forward to seeing you on Saturday morning, November 19th for a great conference!



@LaVie_LVC



@LVClavie



LVCLaVie



La Vie Collegienne

Alumna success

KAYLA CAPONE '17
STAFF WRITER

"The worst thing someone can say to you is no."

Brianna McGoff '13 has experienced a lot of yeses thanks to her experience with the Revolution Music Conference, now known as the Vale Music and Media Conference.

"That's a really good thing that stuck with me for a long time," McGoff said. "I just asked, 'Hey, can I be your intern?' or 'Hey, can you hire me full time so I can move to New York and be closer to my family?'"

The answer was always yes. McGoff attended the conference throughout her time at LVC as a requirement for her Music Business degree. Panelist Stephen Shutts of Road Show Concepts, an entertainment marketing company based in Nashville, sparked her in-



ABOVE: Brianna McGoff '13

terest during her junior year.

"I always wanted to work in country music," McGoff said. "At that point I was still in my Taylor Swift obsession,

so I was kind of name dropping a little. We just chatted for about 20 minutes and I said, 'Hey if you need an intern, I would love to be your intern. We kept in contact via email and I ended up moving to Nashville that summer between my junior and senior year.'"

After finishing her degree at LVC, McGoff moved back to Nashville permanently to look for a job in the industry. Her former internship supervisor gave her the connections to secure her first post-college job as a festival assistant for the Zac Brown Band.

"They interviewed me for the assistant position and I got that," McGoff said. "Then I got my full time job after I did that for two years."

McGoff was hoping to move closer to home after several years in the country music scene.

"I did that freelance gig for

Zac Brown for two years. I became really close with the promoter, who was at the time with Jam Productions, and since then has created his own company which I work for called Madison House Presents. He said he was hiring and I basically kept in touch with him for ten months."

The job did not come easily. McGoff constantly asked when she would be hired and was given the same answer each time: we're working on it.

"Finally after I bugged him for ten months I said, 'I'm moving to New York. Do you have a job for me?'"

Her start date was January 1, 2015. McGoff has now been with the company for close to two years. Though she has worked hard to get where she is, she recognizes that the Vale Conference played a major role in starting her career.

"The conference definitely got me to where I am just because I made that connection with my internship," McGoff said. "Had I not had my internship, I would not have the job that I have right now."

McGoff's advice to current students is simple.

"I know this is cliché, but talking to people never changes. It's the most important thing. Just be personable. Talk to everybody. Ask questions, even if you don't necessarily want to get a job at a record label and someone is a rep from a record label, ask them questions because everything is so, so intertwined."

As McGoff knows, connections matter and asking questions never hurts. After all, the worst thing someone can say is no.

Music and media mash-up

SAM SPURLOCK '18
STAFF WRITER

Many of the digital communications and music business majors at Lebanon Valley College have similar interests.

Perhaps the biggest one is organizing and presenting the annual VALE Conference on campus.

Originally geared strictly towards the music industry, the first VALE Music Industry Conference was held in 2004. As the years went on, the two departments discussed collaborating on the conference, but no definite plans were made. It made sense to combine the two fields because they were so similar; the music industry is a media industry.

"When comparing design and music, the act of creation they go through - the process, that's the same type of thing that we go through," Dr. Jeff Ritchie, Professor and Department Chair of Digital Communications, said.

Eleven years later in 2015, the digital communications student club, Digital Valley,

got involved and the two departments worked together to hold the first VALE Music & Media Conference.

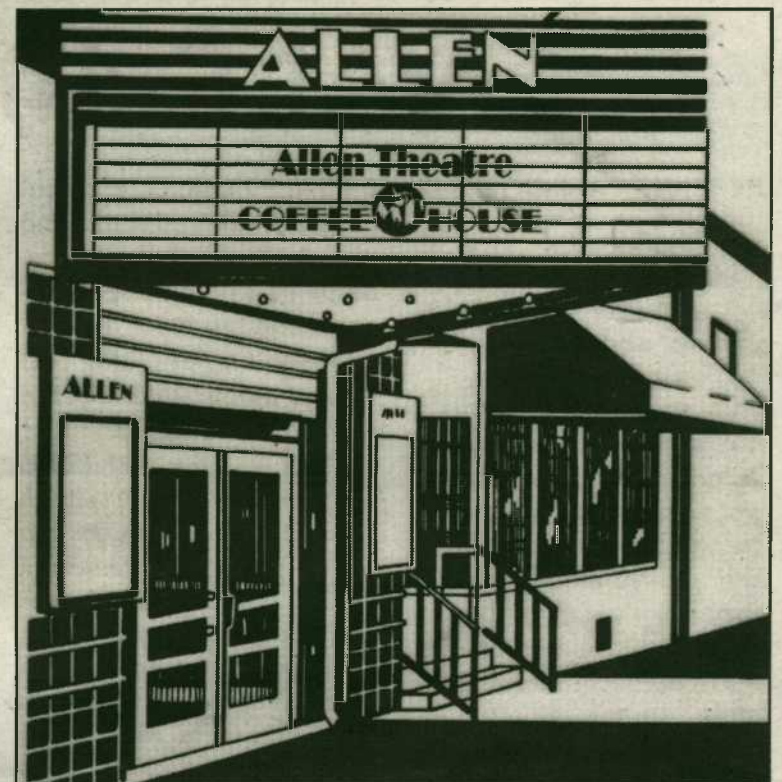
"Getting involved with the VALE Conference was an interesting scenario for me," Liz Allebach, senior digital communications major, said. "I was the president of the digital communications club and I was approached by the conference president last year [2015] with the idea of combining a music and digital communications conference. I was interested by the fact that digital communications would have ownership of a student-run conference with the ability to get industry leaders to come to LVC."

Allebach is now the vice president of the digital communications section within VALE Conference. She manages a group of five students who post on VALE's social media accounts, create advertisements and reach out to industry professionals to encourage them to attend the conference. In addition, she runs the website for the VALE Conference.

During the conference, there are digital communications/media related panels each hour in addition to the music industry related panels. Topics include social media, user experience and design thinking. While the panels are important, perhaps the most important part for digital communication majors is the networking. Students are able to show off their digital portfolios and résumé to the industry professionals that are in attendance.

"Missing this conference will mean missed opportunities," Allebach said. "Get your networking pants on and come out to the conference, bring your résumé and talk yourself up."

While the conference is organized by the two majors, anyone who has an interest can attend. Any student can also take the VALE class if interested in helping to organize the event and learn new skills. For more information about the conference and future events, follow VALE on social media (@valemusicgroup).



Prudential
Gacono Real Estate

50 W. Main St., Annville, PA 17003

717-867-5511

THOUSANDS OF ACTIVE LISTINGS AVAILABLE AT
www.prudentialgacono.com

**GIVE US A CALL
FOR ALL YOUR
REAL ESTATE NEEDS!**

**Rock
Solid
Family
Proud**



Panelists:

Sean Fox
Joseph Jiorle
Tom Manchester
Evan Kirkendall

David Ivory
Nathaniel Pyfrom
Bill Caterini
Joey Heier

Veii Brand
Jim Thorpe
Ervin Ray
Ashley Scott
Dexter Wansel
Becky Chan
Megan Doris

Matt Healy
Rebecca Woodhouse
Robert Wood
Julia Mosemann
Marshall Cramer
Yvonne Roberts
Dr. Mary Pettice
Robert Case
Sherri Mullen
Rosemary Bucher
Rachel Lightner
Dr. Louis Anthony deLise
Dr. Michael E. Harrington

Sally Mattison
Bernard Resnick
Josi Davis
Mike Washkevich
AJ Myers
Jaren Angud
Steffon Bomberger
Jess Garcia
Joe Trojack
Cory Choy
Janet Storm

Gene Perla
Nate Myers
Caryn Jellen
Dr. Robert Machado
Deanna Crawford
Doug Gould
Lisa Lake
John Hertzog
Poe Ellis
Anna Tsiara
Len Webb
Jasmine Anderson

Stage Manager, Currently on tour with Billy Joel
TAIT Towers, Anderson Audio
Electro Sound Systems
Production manager, engineer, designer, and accountant, Harford Sound
Music Producer
Studio Engineer, Artistry Model, Talent Manager
Cat House Sound, LLC, Recording Academy
Engineer/Producer/Video Production - Crystal Clear Recording Studio
Event Production Company
Booking agent/manager
Booking agent/event planner
VP Recording academy
Philadelphia International Records
UX Designer - Delphic Digital
Web Master/Graphic Designer - Blockhouse Furniture
Circular Page Coordinator
Web Designer/Email Marketing Professional
JPL Creative
Sacunas
Level 11 Art
Graphic Designer - DavCo
LVC Digital Communications Professor
Owns Publishing Company
RDSD Publishing/LVC Adjunct
Licensing, Podcast
Music Licensor - Beta Patrol
Composer/record producer
Licensing, entrepreneurship, intellectual property law, social media
Entertainment Lawyer
Entertainment Lawyer
Songwriter and Performer
Home Studio/Retail Manufacturer
Trumpet - American Music Theater
Drummer - American Music Theater
Steitz City Players: Theater arts
Springwood Productions
Progressive Enterprise Studios
Silver Sound Post Production Studio
Musicians Assistant to Maria Brink of In This Moment
Bass Player for Miles Davis
Nate Myers and the Aces
Artist Manager
DJ, Noise Art
Apple
Tech Manufacturing and Retail
Getty Images
Record/CD Retailer
Radio Host-Radio One
Journalist-Philadelphia Sun
Black Tribbles Podcast
Sincerely Jasmine

Panel descriptions:

Entertainment Law:

A fundamental element of the industry is its legal system. Entertainment law is a complex and rigorous building block to the business and provides the basis of rules and regulations for all things television, music, advertising, Internet, publishing, news media, etc.

Publishing:

In order to protect artists in the music industry, publishing laws are instilled to secure their rights and monetary payments. Learn how to be paid and protected as an artist in the business.

Musicology in the Federal Courts & Music Industry:

Do you ever wonder who wins the case of 'Who copied whom?' How does that case get solved? A musicologist can answer these questions. Learn the job of a musicologist.

Entrepreneur:

This panel focuses on industry professionals who made their dreams into reality. Learn the secrets to success if you're starting your own business.

Event Planning:

This panel explores the complexities of getting bands on

a stage.

Pro Musician:

This is a panel of experienced performers who have made music their profession. From singers to songwriters, these people have forgone the typical cubical for stages and studios.

What's the Buzz?:

Discussions from panelists will include how social media platforms are used in the industry.

Studio Production:

Recording engineers assist producers in audio recording to bring the artist's/director's ideas to life. This panel will discuss what it takes to run a successful studio session.

Entertainment Management:

This panel will discuss what it is like to manage bands and all the work that goes into making them successful.

Self-Marketing:

This panel will talk about how to successfully advertise, promote and present yourself to your target market.

Women in the Industry:

This panel will focus on

women who have overcome stereotypes and found ways to excel in their chosen fields.

Internship Panel:

This is a panel of LVC juniors and seniors who will discuss their internships and offer advice for students looking for one.

Podcast Radio:

This panel consists of several podcast radio personalities who discuss how podcasts affect modern media.

Grammy:

This panel will take you inside the Grammy organization and give you an idea of what it is, how it works and why it's important to the music industry.

Why User Experience Matters:

This panel aims to solve the mystery of user experience design by discussing the key principles and how they are incorporated into every task you accomplish.

Continued on Page 4

SPLAT ★
STUDIO
A Family Art Studio

Hours of operation:
Wednesday: 12:30 to 8:00
Thursday: 12:30 to 8:00
Friday: 10:00 to 6:00
Saturday: 10:00 to 3:00

Drop-in and make a mosaic, create a collage or paint pottery!
No appointment needed.

For more information, visit: SplatStudio.com
Phone: 717-685-1681
Address: 21 E. Main St. Annville, PA 17003

VALE to host 3rd annual 'crawl'

GRACE BAILEY '17
STAFF WRITER

Saturday, November 19 will be a good night for tasty food, fun friends and "The Crawl."

LVC's chapter of Audio Engineering Society (AES) is partnering with VALE Live to host the third annual Crawl. The Crawl will take place throughout downtown Annville, with entertainment starting at 7 p.m., after the VALE Conference ends.

This event is a traditional bar crawl and involves the support of local businesses. Student and off-campus mu-

sicians will perform at MJ's Coffeehouse, Adam's Vintners and Salsa's Mexican Grille.

According to Allison Hepp, one of the organizers, this year's Crawl will feature more mellow sounds.

"MJ's will have a more acoustic-vibe, with some solo artists and smaller groups," Hepp said. "Adam's Vintners will have some more acoustic groups, mostly singer and songwriters from the College. Salsa's Mexican Grille will house some larger bands, both local and college groups."

Student performer Indiana Bolger is excited to be playing during this year's Crawl, after attending it in the past. He describes it as a great way to wrap up the conference and build relationships.

"I love the way that it helps bring the conference to a fun close," Bolger said. "It allows everyone who met at the concert to go and bond over live music. It's a great feeling."

For more information about the Crawl's schedule, check out VALE Music Group's Facebook and Twitter pages.

What's your current jam?



TOM KLEMICK

Director of Athletic Communications
Favorite Song: "24K Magic" by Bruno Mars



TODD SNOVEL

Director of Student Engagement
Favorite Song: "Young and Beautiful" by Lana Del Rey



DEANNA DODSON

Professor of Psychology
Favorite Song: "All Kinds of Kinds" by Miranda Lambert



TREVA CLARK

Professor of Business & Economics
Favorite Song: "Setting the World on Fire" by Kenny Chesney ft. P!nk

J.R. Judd Violins, LLC



Fine Violins, Bows, Accessories, Restorations

1964 LYCOMING CREEK ROAD
WILLIAMSPORT, PENNSYLVANIA 17701
(570) 321-8070
www.jrjuddviolins.com

149 W. Main Street
Annville, PA 17003

Bill Santaniello

Buy or Sell
717.685.1173

Follow us on Facebook
www.1stfloorattic.com



Business Hours

Mon~Tue	Closed
Wed	9-5
Thur~Sat	11-5
Sun	Optional/Call



The 411 on "November Lounge"

Getting to know the band

"Therapy" review

BRIANNA METSGER '19
STAFF WRITER

As an avid listener of the Alternative genre, I was really caught off guard in the best way by this music. The CD consists of only four songs, but the album is very fulfilling and refreshing. The choice of accompaniments makes for a creative addition to the band's authentic sound. Each song has its own original style with undertones of jazz and rock. The theme of the lyrics revolves around thoughts of a significant other, but these are no cheesy, overplayed love songs. I guarantee this will be my new binge-listen for the rest of the semester.



PHOTO BY: Brianna Metzger

KIM ALPHONSO '17
STAFF WRITER

Q: What does it mean to perform at your last VALE Conference?

A: We want to be food for your ears.

Q: What advice would you give to any other aspiring bands or music groups?

A: Make sure you enjoy what you're doing. If you can't get into it, there's no point.

WELCOME BACK

ALUMNI



Producer David Ivory to visit LVC

CAROLYNE BETHEL
GUEST WRITER

Producer and sound engineer David Ivory will visit Annville to speak at the 12th annual VALE Media Industries Conference.

Ivory has worked with a variety of different artists including The Roots, Halestorm, Patti LaBelle and Bunny Sigler. He received a Grammy nomination for his work with The Roots on their album "Things Fall Apart," and he has received

two Grammy certificates for his work with The Roots and artist Erykah Badu. He also received three Gold Record awards for his work with Patti LaBelle, The Roots and Syleena Johnson, as well as a Platinum Record award for his work on Erykah Badu's Baduizm.

In 2007, David Ivory was going to participate at the conference. La Vie featured him on the cover of its special addition. At the last minute, he was unable to attend. Nearly a decade, Ivory will

attend the conference, bringing with him his depth of experience and knowledge to share with the students.

VALE Music Group is extremely honored that Ivory has agreed to speak at the VALE Media Industries Conference. He will participate in a panel discussion about Studio Production, and then, along with Emmy winner Cory Choy, he will be a master discussion for the last panel of the conference.

Panel descriptions continued

Continued from Page 3

Science Behind Creation: Design Thinking:

Design thinking is the science behind creation. The panel will discuss how real-world professional use de-

sign thinking to help solve many different problems.

Stage Design:

From microphone placement to acoustics, this panel will discuss the nuances of designing sound for a per-

formance at live venue.

The Life & Times of Gene Perla:

Gene Perla will talk about his many years as a professional bass player, going back to when he played bass for Miles Davis and Elvin Jones.

La Vie Collegienne

LEBANON VALLEY COLLEGE'S STUDENT NEWSPAPER

Volume 84, No. 4

An Independent Publication | Founded 1924

December 8, 2016

Hate at the Valley

HAYLEY HOLLOWAY '17
STAFF WRITER

Lebanon Valley College saw two racially-based incidents occur on campus over the course of a few days in November. Sometime between Nov. 12 and 13, about a dozen flyers stating "ARE YOU SICK OF ANTI-WHITE PROPAGANDA IN COLLEGE? YOU ARE NOT ALONE" with a biased website at the bottom were hung on several buildings on campus. "Public Safety staff found these postings as they were opening the campus buildings and immediately removed all that they found," Brent Oberholtzer, LVC's director of public safety, said. The second incident was discovered around noon on Nov. 14. Residents of

the Women's Services and Gender Resource Center found "N---ERS#TRUMP" written on their house. The Annville Police Department, Pa. Crime Investigation Center, Pa. Human Relations Commission and student affairs administration are involved with the investigations. The first incident has not yet been directly tied to a protected class of citizens, but the second incident was more than simple vandalism. "I consider the Women's Center incident a hate crime due to the race/ethnicity of the students who reside in that building," Oberholtzer said. "I will classify as such in my Clery Reportable [Crimes] data for the Dept. of Education." There is currently no information as to who is behind these incidents. The Student

Conduct Process would determine the punishment if the incident were to be adjudicated on campus. If police charge those responsible, that person or persons would be charged with "ethnic intimidation," a misdemeanor of the third degree, with up to one year in prison and a fine of up to \$2,000. These incidents caused a mix of emotions and reactions from students, administration, faculty, staff and community members. Tamara Baldwin, a junior sociology major, lives at the WSGRC this year and was the first person to find the vandalism. She first reported the vandalism to Renata Williams, Director of Intercultural Affairs and Inclusive Programs, along with another student living at the house.

"I was just shocked for literally probably about a second," Baldwin said. Baldwin's shock did not last long. She has experienced racism on campus before the vandalism. "It's not something that's new to me here, like it wasn't unfamiliar," Baldwin said. "That wasn't the first time that I'd been addressed, or that that word has been directed towards me since I've been on this campus. I can think of three distinct moments where it happened each year that I've been here." Baldwin needs more time to decide whether she believes that the administration and student body responded satisfactorily to the vandalism and racism on campus. "I'm not going to say whether I was satisfied or not yet be-

cause that was just one small speck of anything that actually needs to be done on this campus," Baldwin said. "The true measure of whether it [the march] was a successful event will occur in how the administration moves forward, how the student body moves forward from this. But I don't think showing up to the march necessarily was an indicator of true change on this campus." If anyone has a lead as to who is behind either incident, he or she is encouraged to report it to Public Safety. If a person is hesitant about making a report, he or she may leave an anonymous report on LVC's Campus Conduct Hotline, available at <http://www.lvc.edu/public-safety/index.aspx>.

H. HOLLOWAY hah001@lvc.edu

The Valley responds

JULIA BREWER '19
STAFF WRITER

More than 800 students and faculty of Lebanon Valley College marched together to spread positivity and promote change in response to several hate crimes and evidence of racial discrimination on campus. Posters promoting racist propaganda and graffiti of racial slurs on campus buildings elicited a strong response and a call to action among LVC's community. "My immediate reaction was sadness and disgust," Kara Strack, a senior biology major, said. "We should be loving one another and celebrating each other rather than tearing each other down." Tamara Baldwin, president of LVC's Black Student Union (BSU), originally planned a walk-out, and LVC's Student Government immediately supported the idea and worked to get more people involved.

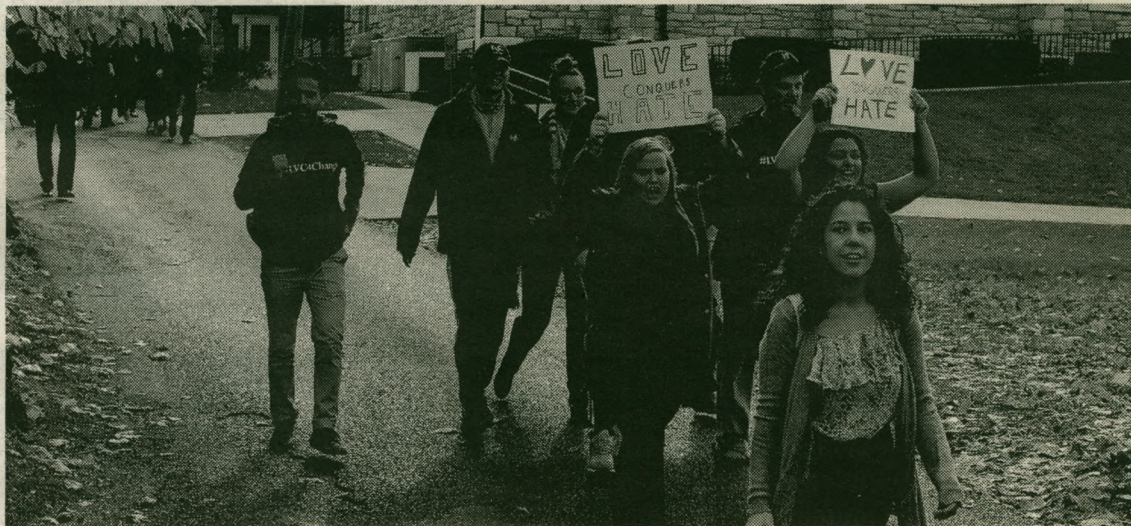


Photo by La Vie Staff

Students and faculty were invited to participate in a walk-out at noon on Nov. 16, followed by a march through campus promoting acceptance and change. The hashtag #LVC4Change was also created for students to share messages of positivity on social media. Many professors, administrators and other LVC faculty endorsed the event and encouraged

their students to attend. "I chose to participate in the march to show support in the movement of fighting hate and discrimination," Strack said. "Rallying around those affected is the least we can do to show they're not alone in wanting change to occur." In attendance were members of LVC's community including students, professors, coaches and President Lew-

is Thayne. The participants walked around campus, crossing Route 422 with the assistance of local police. The march ended outside the Women's Services and Gender Resource Center, where racist vandalism had taken place earlier in the week. Attendees were given an opportunity to share their thoughts and experiences or offer words of encour-

agement. Many students from the BSU, Student Government, sports teams and other clubs took the opportunity to speak along with several faculty members. "It is each and every one of our jobs as human beings on this earth to care about each other, and I don't think that we should be thanked for actually doing that; it's what you're supposed to do," Baldwin said. "We do know that hate speech is not tolerated on this campus," President Thayne said. "We are going to do what we need to do to make this campus a place where you feel safe, where you belong and where you feel you earned your place here." Moving forward, Student Government is in close communication with the BSU, Freedom Rings and other clubs on campus to plan future events that bring awareness

J. BREWER jcb007@lvc.edu

Statement of change

MORGAN WEBB '17
STAFF WRITER

In an effort to show their support and stand up against recent acts of discrimination, the faculty of Lebanon Valley College wrote and displayed it in the academic quad for signing and viewing.

The statement was written as part of the "#LVC-4Change" movement. The statement stressed the importance of unity and gave a voice to the faculty of LVC on the issue of discrimination.

"I suggested to a group of faculty leaders that we should draft a statement in support of the students, and they moved into action very quickly," Dr. Catherine Romagnolo, Associate Professor of English, said. "Professors Valgenti, Sayers, Hinshaw, Guzman and I all worked on drafting the letter. I was so pleased to have so much support from my colleagues."

The statement read, "We

stand by you as professors, colleagues, mentors and friends. We pledge to work with you to support the networks of activism, education, and creativity you have already begun building and organizing -- all of which make LVC and the world a better place for the future."

The statement was not in the quad very long before it received plenty of attention and dozens of signatures.

"It was originally written as a letter on behalf of faculty, but eventually students and staff started signing it as well," Dr. Robert Valgenti, Associate Professor of Philosophy, said. "Regardless of where people's political allegiances are, it was a way for people to show support. Emotions were high and it had a real tactile and grounded feeling toward it."

The march as a whole was deemed a success due to the impressive turnout and positivity that was expressed

by the students at the College. Not only did the faculty support the march, but they were pleased to see the large amount of participation.

"The number of people who showed up in support of anti-hatred activism took my breath away and gave me enormous hope for the future of our community," Romagnolo said.

Courtney Wilt, a senior physical therapy major, attended the march and was also impressed by the turnout. She attributes the success of the movement not only to the students who attended but also to the faculty as well.

"I do think that the support of the faculty, staff, and administration gave an extra edge to the success of the march," Wilt said. "I think it helped a lot of people realize that we are not just naive young people complaining about life being tough. We are an entire community united for this cause."

Perhaps the most shocking aspect of the march was the amount of backlash that occurred on social media from members of the community.

After videos of the event were posted on the Facebook page of the Lebanon Daily News, it became clear that not everyone supported the cause.

"People are emboldened by anonymity," Valgenti said. "I would encourage [the negative commenters] to talk to the students and faculty in person. It's too easy to throw jabs from the safety of social media."

Students on campus were also offended by the online comments.

"To be completely honest, I am so disgusted and saddened and appalled by the responses of the community to the footage of our march that has been posted online," Wilt said. "I think that a lot of people in this world could benefit from a greater sense

of humanity. Stop spreading hate and try to be more open minded to the positive change we are trying to make."

Romagnolo sees the negative comments as an indication that the protest served its purpose.

"The fact that there has been backlash indicates that the protest was heard loud and clear," Romagnolo said. "They heard that we will no longer accept the status quo of silence in the face of bigotry and hatred."

Despite the variety of opinions surrounding the march, it was clear that the event resulted in unity among the members of the LVC community, including the faculty and staff.

M. WEBB

mnw002@lvc.edu

Demanding action with artwork

RACHEL ANDERSON '17
STAFF WRITER

The heroin epidemic that is sweeping the United States has left virtually no community untouched.

Lebanon, Pennsylvania, is one of many towns across the nation that is facing a high rate of opioid abuse. Adam DelMarcelle is combatting the issue by creating posters depicting various heroin-themed scenes that are critical of Lebanon police and County Coroner Dr. Jeffrey Yocum.

DelMarcelle, an adjunct professor at Lebanon Valley College and a local crisis counselor, started an anti-heroin awareness campaign after losing a brother to a heroin overdose. The campaign awareness began on Sept. 19, the second anniversary of DelMarcelle's brother's death.

"We have mass amounts of heroin deaths and overdoses on a daily basis, a lot more than what is reported in the news," DelMarcelle said. "What is told to the general public is a watered-down version of what is actually happening."



Photo by Adam DelMarcelle

The posters were created by DelMarcelle and based on his personal interaction with the heroin epidemic. The artwork was originally hung on utility poles in Lebanon but was taken down because of city ordinances, an action which DelMarcelle believes is a bad use of police time. "Police went out and tore [the posters] down," DelMarcelle said. "They took a couple of hours to tear down these posters of police when

they could have been getting heroin dealers off the street, saving someone who is overdosing or doing something to combat the problem."

The purpose of the posters is to bring voices together to start a community conversation. The artwork is used as a vehicle to drive the message that dealers need to be taken off the street. DelMarcelle hopes to put pressure on elected officials and have commu-

nity members monitor their own neighborhoods.

"People have to take pride in where they live and police their neighborhoods when they see things that are not going the way they should be," DelMarcelle said. "We need to report these things and demand action. We must be proactive and make sure police are following through."

Looking forward, DelMarcelle plans to create a campaign package that he can

send to other areas dealing with the heroin epidemic. The hope of the organization is to tell personal stories to make an impact on communities.

"If the general public starts to actually understand what is going on coming from people who are actually affected, that's where real change will lie," DelMarcelle said. "If we keep things general by saying drugs are bad and that we shouldn't have them, there is no real validity to that. But when you start to bring real voices of people to it, police have to act."

The artwork can be found on the organization's Facebook page, "What Heroin Sounds Like" and in the Art & Art History Department and Gallery Offices located in the Clyde A. Lynch '18 Memorial Hall.

If you wish to share your personal story or get involved with the organization, contact Professor DelMarcelle at delmarce@lvc.edu.

R. ANDERSON

rma001@lvc.edu

LVC's latest art exhibition

EMILY FELTY '18
STAFF WRITER

The Suzanne H. Arnold Art Gallery recently introduced a new traveling exhibition from Syracuse University entitled "Nyumba Ya Sanaa: Works from the Maryknoll Collection."

This exhibit showcases the artwork of 22 contemporary Tanzanian artists who attended a school in Dar es Salaam, Tanzania, called Nyumba ya Sanaa ("House of Art" in Swahili). According to Dr. Barbara McNulty, Director of the Suzanne H. Arnold Art Gallery, the school was organized in 1972 by the Maryknoll Sisters led by Sister Jean Pruitt.

"Their goal was to create an outlet for Tanzanian artists," McNulty said. "They had a workshop there, and they sold their work to many museums across the United States to help them economically."

Exhibitions like this one take several years to plan. A balanced line of exhibitions with different themes is offered at



Photo by Emily Felty

the art gallery to appeal to the various academic disciplines.

"For this particular exhibition, we are hoping that classes in history, religion and cultural studies will be interested," McNulty said. "Students will be able to look into the different types of printmaking. We also have some wonderful sculpture, and the themes of the work really tell a bit of the story about Tanzanian culture."

Hannah Dieringer, a senior

majoring in business administration and art and art history, is the Suzanne H. Arnold Art Gallery intern for the fall semester. As the gallery intern she assists with the various museum tasks involved in this exhibit: helping with labels, creating layouts and doing some marketing. "I think that art really allows people to have a visual understanding of certain topics or genres and learn about new things in a dif-

ferent way," Dieringer said. "This new exhibition is contemporary Tanzanian artists. There's a whole host of different mediums happening, and it is just really important for people to learn about other cultures in general."

This unique collection contains prints, drawings, watercolors, sculptures and textiles donated by the Maryknoll Sisters.

"I really like the water color paintings," Dieringer said.

"The detail in them is beautiful. It's interesting to see the difference between the water colors and the prints."

Besides the opening reception, two other special events were held in association with the exhibit at Zimmerman Recital Hall. Domenic Iacono, Director of the SU Art Galleries, presented a lecture entitled "Fertile Ground: Art from Tanzania" in mid-November. Sister Jean Pruitt was also at this lecture. The other November event was a performance by an African Dance Troupe from Lancaster called IMANI Edu-Tainers.

The exhibition is free and open to the public. The art gallery is open Wednesday evenings from 5-8 p.m., Thursday and Friday from 1-4:30 p.m. and Saturday and Sunday from 11 a.m. until 5 p.m. The "Nyumba Ya Sanaa" exhibit will continue through Dec. 18.

E. FELTY

ejf006@lvc.edu

Serving up soup with AφΩ

GRACE BAILEY '17
STAFF WRITER

For some college graduates, the ties of brotherhood and fraternity can outlast four years of college.

A few LVC students were able to witness this brotherhood when their national co-ed fraternity helped out a member of their group, Alpha Phi Omega (AφΩ). Joanne Dziomba, a graduate of the Plattsburgh State University of New York, was a part of an AφΩ chapter when she went to college.

Dziomba currently volunteers with the Bellegrove Fire Company, located in North Annville. Like many fire companies in Pennsylvania, the group is entirely volunteer-based. Every year the company has different fundraisers in order to fund their service to the community. One of the company's most popular ones is a soup sale, which happens each year on Election Day.

Since this year's elections included a presidential election, the Fire Company was expect-

ing a larger turnout. However, they have been short-handed this year and were in desperate need of some extra help.

Dziomba was excited to discover that LVC had a chapter of AφΩ and reached out to her brothers asking for help. So the weekend before Election Day, some of the members went together and helped the Fire Company make, cool and store the soup.

"I did have a lot of fun," Hayley Holloway, AφΩ secretary, said. "The atmosphere was fun. A lot of the people were older, and so it was interesting to spend time and talk with them. They were really friendly."

This sounds like a small way to help, but for Bellegrove Fire Company, AφΩ's extra hands made all the more difference. As for LVC's chapter members, they were happy to help.

Holloway remarked that spending her senior year helping with small projects like this is rewarding. She was initially drawn to join AφΩ because she appreciated its strong orientation towards service.

"I did a lot of volunteer work in middle and high school, but when I came to LVC I kind of fell out of that," Holloway said. "So when I found AφΩ and saw they were a service organization, I liked that aspect. So I joined."

While talking to Dziomba, LVC member Andy Fisher learned just how much it meant to this fire company to have the students supporting them.

"She said a lot of the fire companies around the area didn't have a lot of volunteer help," Fisher said. "So hopefully by helping them, it'll let other people know that we're here to do some service."

With their willingness to serve the local community, it's not surprising that AφΩ won the President's 2016 Service Award this spring. For many members, service isn't just a requirement of their fraternity; it's a natural way that they enjoy spending their time and giving back.

G. BAILEY

gmb003@lvc.edu

Conference draws hundreds



Photo by VALE

KAYLA CAPONE '17
STAFF WRITER

There were old faces, there were new faces and there were famous faces.

The annual VALE Media Industries Conference took place on Saturday, Nov. 19. It was an all-day event featuring panelists from different areas of the music and media industries with a heavy focus on music business.

Among the panelists were LVC alumnae Rachel Light-

ner '12 and Rosemary Bucher '14. These women both have gone on to careers in the music business. Cristabelle Braden '15 was an artist featured during the VALE Crawl which occurred after the conference.

"It was really cool to be asked to play the Vale Crawl this year as an alumna," Braden said. "I also played at the crawl during my senior year, and since graduating, I've become a

See VALE / Page 4

Christmas at the Valley

EMILY FELTY '18
STAFF WRITER

Ever since it began in 1954, Christmas at the Valley has been one of the biggest holiday celebrations at Lebanon Valley College.

This worship service of the Festival of Nine Lessons and Carols recently took place in the newly renovated Miller Chapel on Sunday, Dec. 4, with a service held at both 3 p.m. and 7 p.m.

Rev. Dr. Paul Fullmer, College Chaplain, was the primary coordinator of this service, organizing the nine lessons, recruiting readers and working out the logistics for the event.

"Christmas at the Valley is our Christmas celebration in line with the main heritage of the College and our Christian traditions," Chaplain Fullmer said. "It's also our choir concert which is so nice since there are so many wonderful traditional songs and choral music composed around the Christmas holiday."

While Christmas at the Valley is the biggest of the holiday celebrations, the college



Photo by Emily Felty

also holds other religious events during the season including Diwali, the Hindu festival of lights; the lighting of the shamash, which is part of Hanukkah; and Milad-un-Nabi, the birthday of the prophet Muhammad.

The Christmas at the Valley services featured organ and handbell preludes followed by selections from the three LVC choirs: Concert Choir, Chamber Choir and College Choir. Dr. Matthew Erpelding, the Director of Choral Activities and Assistant Professor of Music, organized the vocal music.

"This event is one of the most well attended by a huge community of alumni and students," Erpelding said. "It's an opportunity to celebrate the holidays, to celebrate the true meaning of the season, of giving, sharing and being with family and friends, all through song."

Each of the choirs, the handbells and the organ presented a wide variety of musical offerings from around the world including different styles and time periods. The College Choir presented two motets by contemporary American

composers, while the Chamber Choir did an angelic piece by a contemporary Polish composer in addition to a Renaissance piece. The Concert Choir performed a Russian anthem and a South American number using congas and movement. "The choirs will be performing throughout the evening as well as readers from the campus community to present the nine lessons," Erpelding said prior to the performance. "We intersperse that with audience participation, singing and candle lighting. It's a beauti-

ful, understated and simple event. It's very graceful and peaceful and just a wonderful way to bring in the season."

The highlight of the evening was the candle lighting done to Eric Whitacre's choral piece *Lux Aurumque*.

"I always love the candle lighting," Erpelding said. "I think when you turn off all the lights and you take away the distraction, you can sit there and listen to people make beautiful music with the light of the candles. It's a really magical, transformative experience, a great opportunity to share our art with the community and bring some beauty into the world."

According to Chaplain Fullmer, half of the offering collected following the service will be donated to Mission Central, an organization based in Central Pennsylvania that provides relief for emergencies in Pennsylvania and beyond. The other half of the offering will be going towards LVC student initiatives related to community service.

E. FELTY

ejf006@lvc.edu

Performing well on and off the field

RACHEL ANDERSON '17
STAFF WRITER

Many students at Lebanon Valley College have a tightly packed schedule full of classes, extra-curricular activities and more.

For freshmen athletes competing on a Division III team, managing classes, practices, studying and games may seem almost impossible.

Student-athletes must learn time management skills to be able to perform well both in the classroom and on the field. The College has implemented a new program, Study Huddle, to help freshmen athletes develop these skills early on in their college careers.

Study Huddles at the College are approximately two-hour homework sessions for freshmen led by upperclassmen on their team. The study hall is designed to provide freshmen with connections to other athletes for academic support.

Nikki Lloyd, a junior biochemistry major, is the leader of the women's ice

hockey Study Huddle. "It's important for freshmen because it gives them two hours to do work with the guidance from upperclassmen," Lloyd said. "It shows them the importance of developing study habits."

Study Huddle leaders are in charge of supporting their teammates and creating a structured time for homework and learning.

Beth Julian, Director of the Center for Writing and Tutoring Resources and an adjunct instructor of English, helped build the Study Huddle program. Her goal is to be proactive in developing time management skills for freshmen athletes.

"We want the team to meet together in a non-practice setting, but instead in a classroom setting," Julian said. "This promotes camaraderie in an academic sense. They are all college students, not just athletes."

LVC offers all students many academic resources, includ-

ing peer and writing mentors, study pods, a writing center, organizational and academic tutors, early alert program and disability resources.

Addison Vickery, a freshman biology student-athlete, takes full advantage of the services LVC offers. She attends the lacrosse Study Huddle, has one-on-one tutors and attends study pods.

"As a transfer student coming from a school that did not offer these type of resources, I appreciate the extra help I can receive outside of the classroom," Vickery said. "Study Huddle allows me to have two hours of open tutoring and help from my teammates."

After the fall semester concludes, Julian will begin her assessment of the Study Huddles to determine how successful the program was.

R. ANDERSON

rma001@lvc.edu

VALE *continued from page 3*

full time touring singer/songwriter. So it was really fun and nostalgic to be able to come back and play."

Throughout the day, there were numerous panels offered on many different topics including social media, publishing and women in the industry.

"I loved being able to come back and see the students running the conference, after having done it myself as a student," Braden said. "It's amazing how much it has grown. It was a lot different to watch the students run it and just enjoy the conference and panels as an alumna. They did a fantastic job and I can't wait to see how much more it grows."

Perhaps the biggest highlight of the conference was hearing from Grammy Award nominee David Ivory and Emmy Award Winner Corey Choy. They spoke about their individual journeys to get where they are in the industry now, and each had advice to those aspiring to follow in their footsteps.

"Technology is great, but you don't want it to control your creativity," Ivory said.

Connections were made, inspiring discussions were had and another successful VALE Media Industries Conference is in the books.

K. CAPONE

kec003@lvc.edu



Photo by VALE

Career path leads here

SAMMI HUMMER '17
STAFF WRITER

When it is time for Lebanon Valley College students to plan their futures, the Center for Career Development is the place to go.

The Center for Career Development is located in the Student Learning Commons, in the lower level of the Allan W. Mund College Center. The goal is to get students involved in their developing career paths and graduate school plans. The center does this by educating the students while expanding their skills and knowledge that will be needed for any future job and/or school they will have or attend.

Many resources are available for any student who needs tips for developing a career. There are staff members waiting to be utilized in the Center for Career Development. Assistant Director of Career Development Brynn Mason is available to assist in any way she can.

Mason believes that the Center for Career Development helps students make meaning of their experiences.

"We want students to understand that we are here to support them through the process of making career decisions, from deciding on a major to obtaining experiential opportunities to all of the steps involved in applying to a job post-graduation," Mason said. "Deciding what you want to do with your life is a big decision, and we want students to feel comfortable asking us for help in making those decisions."

Finding a job or internship of interest, creating a résumé and making a cover letter are three of the first steps to take when trying to obtain a job. The job or internship search has been made easy with the implementation of Handshake, a website that connects students with job opportunities.

As for résumés and cover letters, handouts are available in the Center for Career Development or online. Along with these handouts there are also different blogs and PowerPoints on each subject.

Jackie Chicaese, a junior English major, has worked with Career Development

on perfecting her résumé. She believes that meeting with Career Development staff helped her learn how to make her résumé strong and appealing to employers.

"Visiting Career Development was helpful because I was able to meet with staff individuals who were not only knowledgeable, but concerned with ensuring I was prepared for the next leap in my college career which is an internship," Chicaese said. "The sooner you work and connect with Career Development, the more likely you are to be secured with a job shortly, if not immediately, after you graduate."

The Center for Career Development is also at students' disposal for graduate school help. They have resources for entry tests, applications and personal statements, scholarships and fellowships.

Career Development is there to be utilized, and it is easily accessed with an email or phone call to set up an appointment. The hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

S. HUMMER snh003@lvc.edu

Competition isn't just for athletes

HANNAH BROUGH '18
STAFF WRITER

For nine Lebanon Valley College students, using their brains in competition is far more important than using their brawn.

The Mathematical Sciences Department has a major known to most as CompSci. Formally known as Computer and Data Science, the major readies its students to do the behind-the-scenes work that makes the Internet run. "The curriculum focuses on developing the skills necessary to develop software: to program, to design, organize and implement complex systems," Dr. Ken Yarnall, Associate Professor and Chair of the Mathematical Sciences Department, said. "That means writing code that will run on distributed systems involving many computers spread across a network."

Despite being based in a liberal arts campus, LVC's CompSci department is actually one of the best in the state, and there are many requests for their graduates' skills. "Because of the liberal arts focus of our curriculum, empha-

sizing fundamental skills like careful reading, problem solving and communication, [the students] find themselves in high demand, and they move up quickly," Yarnall said. "Our employment rate after graduation is about 100 percent, and the salaries are high."

With such a strong foundation of skills, it comes as no surprise that these students would be eager to compete.

Nathan Darrah '19, Nicholas Gibbons '19, Denis Halilovic '19, Alexander Koiniski '19, Douglas Keeney '18, Kyle Mace '17, Caitlin Manahan '17, Derek Null '17 and Anthony Feudale competed in the North American Mid-Atlantic Regional Collegiate Programming Contest on Nov. 5. They were divided into teams of three and went up against nearly 200 other teams.

The competition allows five hours for the students to complete a list of several questions solved through various coding languages.

"We get 8 to 10 problems that are to be solved using computer programs in a specified amount

See COMPETITION / Page 7

Smart social media

KIRSTEN BANNAN '18
STAFF WRITER

College is full of great experiences, new friendships and lots of pictures.

What some students may not realize is that these pictures aren't just out there for friends to see.

Social media has become almost a standard among people in the age range of 17-23. What most people don't take into account is that strangers can view these social media posts. This makes it easy for strangers to make assumptions about a person.

Posting a picture on social media can be risky when considering the people who may see it. Especially at college age, students are looking for internships, joining clubs and sports teams and applying for jobs. Future employers and peers can find almost anything posted on social media with one quick search of the Internet.

"As a college student applying for jobs and internships,

it's really important to make sure your social media is professional," Rachel Anderson, a senior business major, said.

Pictures aren't the only things that are considered red flags. On Facebook, in particular, people are able to see likes, birthdays, relationship statuses and locations. Pages that someone liked in middle school such as "Flip Phone Squad" are visible on the profile and will

stay there until they are removed. Things like these are small mistakes that could really affect someone's future.

In order to avoid these mistakes, each individual should clean up all social media. A student should take down all posts that feature any alcohol, drugs or any other ill-advised activities.

"I think college students post inappropriate photos to seem 'cool,'" Ander-

son said. "Posting pictures of partying won't be cool when you don't get the job."

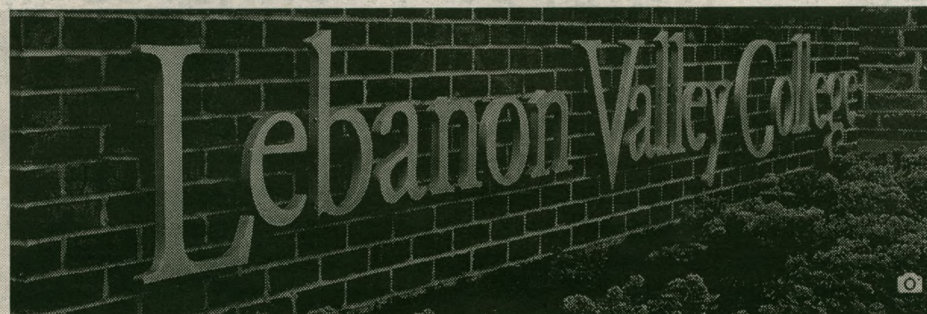
If there is inappropriate content on any social media platforms, someone will find it, and it might have negative consequences. It is best to be cautious and check the privacy settings. It is better to be safe than sorry when it comes to the future.

K. BANNAN ktb001@lvc.edu



La Vie
Collegienne
@LVCLaVie1

Home
About
Posts
Videos
Photos
Events
Notes
Likes



Like Message More

+ Add a Button

Status Photo / Video Offer, Event +

Media/News Company

Write something...

Search for posts on this Page

75% response rate, 44-min response time

Photo by Kirsten Bannan

Letters to the Editor

La Vie Collegienne requires all Letters to the Editor to contain the author's name, telephone number, and email address. No initials or pen names will be accepted. La Vie does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of La Vie Collegienne. La Vie reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of La Vie or Lebanon Valley College.

Submissions may be emailed to lavie@lvc.edu.

La Vie Collegienne

101 N. College Ave | Annville, PA 17003
Established 1924

Winner of
Pennsylvania Newspaper
Association Keystone Press
Awards in 2012 and 2015

CO-EDITOR
Lyndsay Riedel '17

CO-EDITOR
Veronica Pettyjohn '18

ADVISOR
Jaime Fettrow-Alderfer

Diabetes awareness

CASSI BARRETT '19
STAFF WRITER

National Diabetes Month is observed every November, and this year three LVC students joined together to bring diabetes awareness to campus.

Jolie Winemiller, a sophomore applied history major; Serena Foulk, a junior biology major; and Simon Netznik, a sophomore music business major, led the conversations on campus. Each was diagnosed with type I diabetes and strongly felt they wanted to bring awareness to the disease.

Winemiller, Foulk and Netznik helped educate the campus by setting up a table in the lobby of Allan W. Mund College Center. The table displayed information about diabetes as well as the differences between type I diabetes and type II diabetes. Moreover, these students wanted others on campus to understand how diabetes affects their daily lives.

"Every day is a rollercoaster with diabetes," Winemiller said. "Even if your blood sugar is off by a couple num-

bers, it really affects your emotions and your physical ability in life. There are so many things you can't do."

Foulk also describes how difficult life with diabetes can be.

"I've been diabetic for 19 years now and every day is hard," Foulk said. "You don't know if you're going to wake up and have a good day or a bad day. We have to fight for a cure for this. We have to take it step by step and work our way through and be strong every day."

Winemiller, Foulk and Netznik also took donations for diabetes research at their table. Netznik believes strongly there is a cure to be found.

"The cure is out there and by donating to research for type I diabetes, you can help push that process forward," Netznik said.

Ultimately, the group is hopeful that through their efforts, along with the efforts of others around the world, diabetes will one day cease to exist.

"Type I to type none is our motto," Winemiller said.

"We're a long way from type none, but we're getting there."

C. BARRETT crb008@lvc.edu

Let's be real about worship

HANNAH BROUGH '18
STAFF WRITER

College is one of life's great balancing acts, and it can be difficult to find harmony between classes and social life in a schedule, let alone finding time to worship.

Worship time is included in the events often placed on the chopping block because of scheduling conflicts. Many college students stop attending services while at school for various reasons. Most students find they only have free time later at night.

Prior to the 1970s, Chapel attendance was mandatory for Lebanon Valley College students. When that was dropped, a Wednesday night service called "Down to Earth" was begun. In the fall of 2012, the leaders of LVC's Christian Life decided to change the name, and the service now known as Let's Be Real was born.

Let's Be Real is a well-organized function.

"Simple refreshments are available as students gather in the lobby of the chapel around 9:25 p.m.," Rev. Dr. Paul Fullmer, College

Chaplain said. "Following a brief welcome and a few announcements, an opening set of worship songs prepares everyone gathered for a student speaker. Discussion questions related to the topic-at-hand typically follow. The group reconvenes for a single worship song before the group is sent out with a blessing."

For many students with a Christian background, "Let's Be Real" allows them to keep up with their faith while maintaining their busy schedules.

"Let's Be Real has helped me keep my faith since many times I am unable to make a Sunday or Saturday service," Nicholas Irick '17 said. "Being able to worship and experience fellowship in the middle of the week reminds me of what I believe in and what I'm living for. It's also a nice break showing that as important as my schooling is, God still reigns supreme."

Between 50 – 80 students and one to 10 members of the local community attend weekly along with Chaplain Fullmer. That may not seem like a lot, but for Let's Be Real, that's growth.

"Attendance has grown this past year, following the renovation of Miller Chapel," Chaplain Fullmer said.

It has also been said that Let's Be Real is responsible for planting spiritual seeds in many attendees.

"Several students have become Christians, more have grown more active in their faith [and] some have committed their lives to Christian service," Fullmer said.

He mentioned five alumni in particular: J.B. Brown '10 and Amanda Zelazny Cosnett '11, who are now both UMC ministers; Bradley O'Connell '11, who is part of DiscipleMakers; Kevin Green '13, who is a pastor at North Annville Bible Church; and Betty Ross '14, who is doing service work in Africa.

Let's Be Real occurs every Wednesday night at 9:30 p.m. in the Chapel. It is open to the public, and newcomers are always warmly welcomed.

For more information, see Chaplain Fullmer.

H. BROUGH hnb003@lvc.edu

Experiencing other cultures firsthand

BRIANNA METSGER '19
STAFF WRITER

Cultural diversity can be found at Lebanon Valley College, but the Global Education Department offers multiple programs that allow students to experience other cultures firsthand.

Study abroad programs at LVC offer international experiences in Argentina, Australia, China, Dominican Republic, England, France, Germany, Italy, New Zealand, Northern Ireland, Spain and the Netherlands. The programs also offer domestic study opportunities in Philadelphia and Washington, D.C.

Many LVC students who have studied abroad describe their experiences in other countries as eye-opening.

Nicholas Irick, a senior chemistry major and religion minor, recently studied abroad at the University of Waikato in New Zealand. Irick had never been outside the U.S. before



Photo by Breanna Kern

studying abroad except for a trip to the Canadian side of Niagara Falls. He explained that New Zealand customs were very similar to those in America, and the Maori culture was easy to adapt to.

"For the most part their traditions were very easy to understand, and a lot of them were really cool to watch, but it's also a very chill culture, so even if you don't understand, they take the time to make sure you understand it," Irick

said. "You did get to know about other cultures and traditions while you were there, too. It's a very internationally based society. I learned different things about Malaysian and Indian cultures that I never knew before."

Irick encourages others to immerse themselves in other cultures. "I definitely have a more worldly view and definitely have caught the travel bug and want to travel and see

the world more," Irick said. "I have a greater appreciation for meeting new people and understanding their cultures. It's truly life-changing, and it's a once in a lifetime thing."

In addition to the opportunities LVC students have, the campus hosts many international students. These students have the opportunity to experience American culture first-hand.

Daniel Downey, an international student from Northern Ireland and a freshman business major at LVC, has quickly learned how American culture is vastly different from what he is accustomed to at home.

"I like the difference in the way you learn," Downey said. "At home we study throughout the year, but we don't have any assessment until the end of the year that counts for 100 percent of your grade. Here, if you mess something up, you can make it up."

Downey also explained that he enjoys the differ-

ence in food, weather and the size of our campus. The only aspect he does not enjoy is being away from his family for such a long time.

"It's made me more mindful of other cultures because there's more outside Ireland; there's more going on in the world," Downey said. "I feel like I already was kind of open-minded, but now I have definitely become more open-minded by having lived in a different culture."

It is clear to see that there are many more positives to studying abroad than negatives, and many students who have studied abroad encourage others to take the opportunity to experience other cultures.

There is a blog for the experiences of students who have traveled abroad. This blog and the application for the study abroad program can be found on the LVC study abroad website.

B. METSGER bem004@lvc.edu

Holding court

BRETT GILBERT '18
STAFF WRITER

Lebanon Valley College has added another extremely talented student to its campus this year.

Marquis Davis is working towards a career in the music industry while pursuing an economics degree at LVC.

Though Davis is a junior, this is his first year at LVC. He spent his freshman and sophomore years at Randolph-Macon College in Virginia. Davis also plays on the men's basketball team at LVC. He certainly has many responsibilities, but he manages to balance his workload.

"My school work and getting my degree are my first priority," Davis said. "In my down time, I'm writing as much as I can and getting into the studio."

Davis has had a love for music his entire life. In addition to his own music, he loves listening to and learning from other artists' music within the industry.

Within the last two years, Davis has focused more and more of his time on writing and recording his music.



Photo by Marquis Davis

Recently, Davis has seen the benefits from all of the work he has put in correlate to success with his music.

Davis has been working diligently on his upcoming mixtape, which will be released this month. In addition, he released a music video for a single that will be featured on the mixtape.

Over the past year, Davis has participated in live shows with some other well-renowned artists in the industry. He performed in

front of a sold-out crowd at GameChangerWorld in New Jersey in May, which was headlined by artist PnB Rock.

Davis also recently performed with DJ Nadus and DJ Slink in New Jersey. DJ Nadus and DJ Slink are recognized internationally and just returned from their tour in Switzerland.

"It was a pleasure to work with them," Davis said. "Networking and linking with a lot of people in music is huge for me."

Davis was also scheduled to perform at the Adventure in the Park Music Festival in New Jersey this fall. Unfortunately, the event was cancelled because of weather. Lil Wayne was set to headline this event along with performances from other popular hip-hop artists, including Lil Uzi, Lil Durk and PnB Rock.

Davis has been marketing his music and brand to the public, specifically, people in the hip-hop genre of the music industry. In addition to pro-

moting his brand on various social media accounts, Davis works with a few different blogs including Garden State Sounds and The Plug for Music.

Through his music, Davis intends to push his message to the youth, hoping that they will relate to it.

"I want to help them to see there is another option or a better way to do it," Davis said. "Don't let anyone limit you and take whatever dream you want."

Davis has set some high expectations for himself and his music.

"Right now, I'm looking forward to just working and trying to get signed to a label," Davis said.

"Eventually, I want to get to the point where I can start my own label and sign my own artists."

Davis' work ethic is a great example. Fans should stay tuned as Davis continues his quest for success.

B. GILBERT

beg005@lvc.edu

COMPETITION

continued from page 3

of time," Gibbons said. "We have to solve as many as we can using working code that gives the correct answer."

Success, however, doesn't necessarily mean solving all of the problems.

"Solving four or five problems over the course of a day is a fantastic result," Yarnall said. "These problems aren't easy."

If these problems aren't simple for CompSci majors, imagine how difficult they must seem to students in other disciplines. Still, the programming competition is open to any LVC student. Though all nine of this year's students have either a major or a minor in CompSci, past years have included students from other fields. Their contributions involve logic; they can solve the problem, and their teammates convert it to code.

"One of our best teams ever, who finished in the top five in the region and were one line of code away from the world championships, in-

cluded an English major who had never written a line of code in his life," Yarnall said.

Yarnall also said that he thought his students would do well this year, and it turns out that he was right. Due to a mishap with the competition's servers, all three teams were unable to place in the regionals. However, the teams were able to compete for a title locally, and the team made up of Darrah, Gibbons and Halilovic took first place.

"It was very, very frustrating to be forced to drop out of the regional competition," Gibbons said. "We spent a lot of time preparing for it, but we're still proud that we took first place in the locals."

The students will have another opportunity to fight for a regional title this spring in a contest hosted by Dickinson College.

H. BROUGH

hnb003@lvc.edu

Concussions, conditions, Crohn's

KIRSTEN BANNAN '18
STAFF WRITER

Kara Strack, a senior biology major, is a student at Lebanon Valley College, and during her four years here, she has had to deal with some obstacles uncommon to the typical student.

Strack struggles with Crohn's Disease and Nail-Patella Syndrome, both conditions that affect her everyday life. Crohn's disease is an inflammatory disease of the intestines and the colon. Nail-Patella Syndrome (NPS), also known as HOOD syndrome, is a genetic disorder that results in small, poorly developed nails and kneecaps, but can also affect many other areas of the body.

Strack has had NPS since birth and was diagnosed with Crohn's disease this past August. While dealing with these different conditions, she has received four concussions during her years at LVC. She was a player-turned-manager of the LVC women's soccer

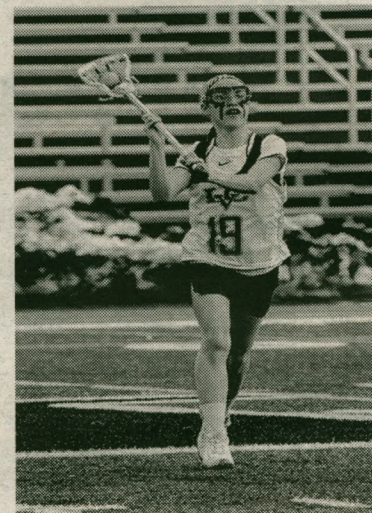


Photo by Kevin Strack

team and a member of the LVC women's lacrosse team.

She got her first concussion her sophomore year during the fall soccer season. Then she received two more concussions her junior year during soccer and lacrosse season. She just recently got her fourth concussion this past fall during her very first soccer practice.

Now she not only copes with the symptoms from NPS

and Crohn's disease but also still experiences symptoms from her concussions.

None of this, however, stops Strack from doing her best and making the most out of her college experience. She still manages the women's soccer team and is set to play for the women's lacrosse team this spring. It is said by many on campus that Strack is one of the most upbeat personalities on campus.

"Kara is an inspiration to all," Rachel Anderson, a senior business administration major, said. "She has a lot going on, yet she still strives to make the best of any situation."

Strack continues to excel in her classes and on the field with lots of support from friends and family.

"You can't always control what happens in your life, but you can control your attitude," Strack said.

K. BANNAN

ktb001@lvc.edu

SPORTS

Coach Mary: a swimming legend

ERIKA GREGORY '19
STAFF WRITER

Mary Gardner, head coach of the LVC swim team, is an inspiration to many people at Lebanon Valley College, especially the members of the swim team.

Gardner will be entering her 20th season as the men and women's swimming coach and aquatic coordinator at LVC. She carries a team full of pride, exceptional determination and great cohesiveness. Gardner is the most successful coach in LVC swimming history; because of this success she was inducted into the Lebanon Valley Sports Hall of Fame in 2011.

Some may not know that when Gardner started her time at LVC she taught physical education swim classes. Today she teaches a freshman first year experience (FYE) class on top of spending countless hours at the pool



Photo by LVC Marketing and Communications

and coordinating all aquatic classes in the sports center.

Not many call her Coach Gardner because for her swimmers that title is too formal; she is more like family. Therefore, on campus she is known as Coach Mary.

Many swimmers look up to her as a great leader

and even a maternal figure. Catherine Orlando, a sophomore physical therapy major, describes Coach Mary as a motherly figure.

"I have been very stressed this semester with classes and life situations, and if it wasn't for her, I'm not sure if I would've gotten through all of them," Orlando said. "She is honestly my second mom and I am grateful to have her as my coach."

Coach Mary creates a welcoming and fun team environment. Orlando explains the team is very accepting and encouraging toward each other. She says at practice they listen to music between sets and most of the swimmers will sing, dance and laugh together. "Coach Mary makes me feel welcome and part of the team even though this is my first year swimming," Michael Leone, a junior

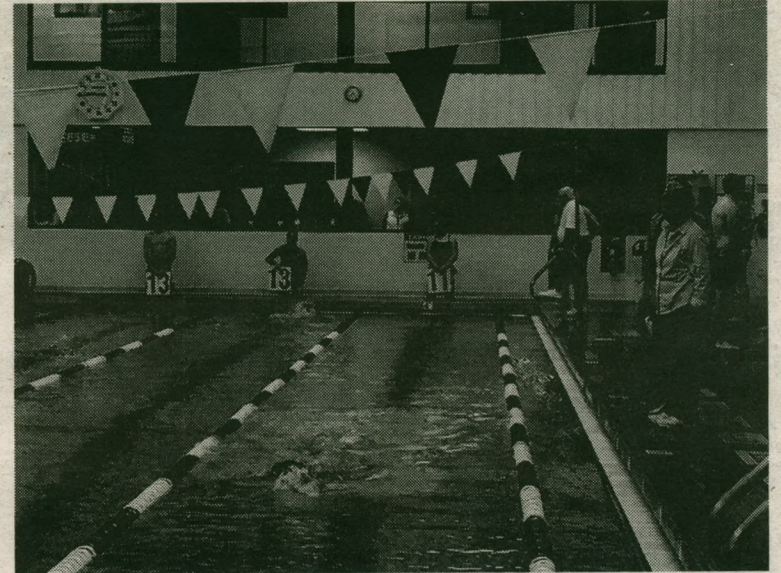


Photo by Erika Gregory

accounting major, said. As a leader and mentor at LVC, it is important for Coach Mary to be a supportive coach and someone her swimmers feel they can talk to about anything. "I can tell her anything that I've done, no matter what, and she would still look at me as if I am a good per-

son," Orlando said. "She understands that life is hard sometimes, and I am human and I will make mistakes."

Mary is always greeting students with a smile and welcomes anyone interested in swimming to come give it a try.

E. GREGORY

eg007@lvc.edu

Military night rally

TRAVIS HALL '19
STAFF WRITER

Lebanon Valley College's men's ice hockey hosted its 7th annual military appreciation night last Friday as the Stevenson Mustangs came into Hersheypark Arena for the first matchup of the two expansion teams in the ECAC West.

The game marked the initiation of a rivalry that stems between the two schools in nearly every sport. What ensued showed that this rivalry will have a long and exciting future.

Between the larger crowd in attendance and the pre-game ceremony, nerves got the best of the Dutchmen in the first period. They fell into their early season ways, sacrificed three goals and entered the first intermission

with a deficit of 3-0. It looked as though the team had a 'here we go again' mentality.

"We weren't going to get outworked on our own military night," sophomore forward Brett Johnson said. "Not happening."

This mentality electrified the Dutchmen as they turned the momentum and dominated the second frame. After letting up an early goal to fall down 4-0, the Dutchmen controlled play, scoring two goals in the latter half of the period to pull within two goals. With only 20 minutes remaining to make up those two goals, the Dutchmen needed heroes, and the story of the third period belonged to two freshmen. Cole Hepler netted a shorthanded goal halfway through the period, and Jared Karas added the equalizer in



Photo by LVC Athletics - GoDutchmen.com

the last minute of regulation tie. It was a perhaps a poetic end to the inaugural match between the rivals. Overall, the military night was considered a success

on and off the ice. The atmosphere was loud and vibrant; money was raised for a good cause; and the Dutchmen earned their first point in conference play. This game may be the spark the boys need on in their continued search for their first win of the season.

The Dutchmen hold a 0-7-2 (0-6-1) record as they prepare for a road trip to Boston next weekend for out-of-conference play Saturday at 7 p.m. against Daniel Webster and Sunday at 1 p.m. at Southern New Hampshire. The Dutchmen faced off twice against Daniel Webster last season and won both games.

T. HALL

thh002@lvc.edu